

**Dynamic Balance for Life®**

**A judo-based program to
Minimise harm from Falling!**

**Program commences on Tuesday 12 March 2024, 11.15 am**

**12 session program\* – Introduction to Landing Safely**

**60 minutes/session; Cost – $195 for the Program**

**34 Phillips St, Thebarton
*(entry from North Car Park)***

Simple judo-based skills learnt during this program will keep you steady on your feet and, if you do take a fall, you’ll have the knowledge how to land and get up safely…

In a welcoming environment, you’ll improve your

 ✓ Balance, strength and coordination
 ✓ Ability to fall safely in multiple directions
 ✓ Social interaction, confidence and fun

The experienced coaches from Adelaide University Judo Club, have a real lived understanding of how to develop and maintain physical capability as we get older.
*\*The 1st and 12th sessions will include an assessment of your ability to land safely and a report.
Cost includes 3 months ‘Program’ membership to Judo Australia, and personal insurance.*

*Places are strictly limited per program – booking is essential. To* [*Register for the Program*](https://www.revolutionise.com.au/aujudo/events/221314/)*:*

Step 1: Complete and return the **2024 Enrolment Form** to admin@aujudo.com
 If you answer ‘Yes’ to the health-related questions on Page 2 of the form;
 please get **Medical Clearance** from your health practitioner on the form provided

Step 2: Pay for the program *via* EFT to the bank account details below:
 Adelaide University Judo Club Inc. BSB 325-185; Account Number: 3984791

**On the day: Wear comfortable loose-fitting warm tracksuit or similar and bring a bottle of water**

**If you have additional questions, please call Meera on 0409740733 or email** **admin@aujudo.com**



