

Registration can be done [online](#) or at the front counter



# Goltz Judo Club



**G**oltz Judo is one the most popular programs offered by Claremont Human Services with many black belt members to provide highly personalized instruction. According to studies among leading psychologists, judo helps to improve self-confidence and build lifelong skills for the prevention of bullying and victimization. The Head Sensei, Gary Goltz, MBA, has been practicing judo for over 50 years and is an 8th Degree Black Belt. Sensei Goltz is Chair of the US Judo Association's National Promotion Board where he served as President. He is also President of Nanka, (the Southern California Judo Black Belt Association) and served as a Defensive Tactics Advisor to the Los Angeles Police Department. Sensei Goltz is frequently featured in Black Belt Magazine.

## OLYMPIC JUDO (Ages 6-Adult)

Gary Goltz

Judo is a popular Olympic sport that combines throwing and grappling techniques used in mixed martial arts, which will empower a student to subdue a stronger opponent. Judo also teaches the importance of living a life that benefits and enriches oneself as well as the community. A \$10 discount for additional family member can only be applied to Olympic Judo registration. Mid-session pricing is also available. A regulation judo gi (uniform) is required to participate in this class. These can be purchased from the instructor at the first class and cost \$40 to \$80. No class on 1/15 and 2/19. Location: Alexander Hughes Community Center.

Ages 6-12	Mon Wed 1/8-3/3	5:30 p.m.-6:30 p.m.	22 classes	\$100
	& Sat	9:00 a.m.-10:00 a.m.		
Ages 13-Adult	Mon Wed 1/8-3/3	6:30 p.m.-8:00 p.m.	22 classes	\$100
	& Sat	10:00 a.m.-11:30 a.m.		

## TINY TOTS JUDO (Ages 3-6)

Tony Farah

Judo is a popular Olympic sport that combines throwing and grappling techniques used in mixed martial arts, which will empower a student to subdue a stronger opponent. Judo also teaches the importance of living a life that benefits and enriches oneself as well as the community. A \$10 discount for additional family member can only be applied to Tiny Tots Judo registration. A regulation judo gi (uniform) is required to participate in this class. These can be purchased from the instructor at the first class and cost \$40 to \$80. Location: Alexander Hughes Community Center.

Ages 3-6	Thu 1/11-3/1	6:00 p.m.- 6:45 p.m.	16 classes	\$90
	Fri 1/12-3/2	5:15 p.m.- 6:00 p.m.		
Ages 3-6	Thu 1/11-3/1	6:00 p.m.- 6:45 p.m.	8 classes	\$60
	Fri 1/12-3/2	5:15 p.m.- 6:00 p.m.		

## WOMEN'S SELF DEFENSE 101 (Ages 12-Adult)

Tony Farah

This is a comprehensive seminar covering practical and effective self-defense techniques geared towards women. Course content is based on the psychology of victim avoidance combined with effective grappling, striking, and escapes utilized in martial arts. Women will be empowered with the tools and know how to improve their awareness in order to avoid dangerous situations. Registration deadline 1/11. Location: Alexander Hughes Community Center.

Ages 12-Adult	Sat 1/13	12:00 p.m.-2:00 p.m.	1 Class	\$35
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Pay by the Class option also available – Inquire at the front counter for details