



Hal Sharp Judo Teachers Foundation



Winning-In- Judo Clinic; Come Celebrate Sensei Sharp's 93rd Birthday!

- How to avoid helping an opponent to win by throwing or mat techniques
- How to win against a one-legged or two-legged opponent including -
 - Effective gripping & control
 - Using opponent's gripping & movement against them
 - Retaining balance & control-direction & 'mirror-mind'
 - Smart foot actions- sticky foot & swallow counter
- How to win on the ground-attack vs defense
 - Transition-constant control & direction
 - Using opponents' position-finding the sweet spot
 - Using your body weight - action & reaction
 - Art of Holding - pin or crunch (eel concept)
 - Art of Choking - setup, trapping & tightening
 - Art of Armlocks - setup, trapping & tightening

Bring your gi & Hal Sharp books to be signed or buy his new book

May 9th 2020, 1:00 – 5:00 PM

Discover Judo's Dojo

9340 Baseline Rd., Suite 105

Rancho Cucamonga, CA 91730

(\$ Donations Requested but are Optional)