



Happy Holidays From IJC

by International JUDO Center



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Gift Certificate
International Judo Center
3 Weeks of Free Classes + Free Uniform
a value of \$50!


FOR JUST \$20 GIVE THE GIFT OF
3 FREE WEEKS AT IJC and FREE UNIFORM
a value of \$50!

*Show the gift of JUDO with friends and family.
Purchase your holiday gift certificate today!*

NEW

Give the gift of JUDO to your friends & family!

Give the gift of 3 **FREE WEEKS** at IJC & **FREE UNIFORM!** Please stop by the front desk to pick up your gift certificates today!




Marat Yusupov
Cardio & Self Defense classes
starting on **December 10th**
3 times a week at
INTERNATIONAL JUDO CENTER
35-22 150th Place, Flushing NY 11354
www.ijcny.com

MARAT YUSUPOV

NEW

Self Defense training with Certified Cardio Trainer and Master of Sports in Combat Arts. Great program for all adults who want to stay healthy and know how to defend themselves. First week is **FREE!**



JOHN PENA
Strength and Agility training with Kettlebells and Battle Ropes
December 11th and every Sunday 10am - 11am
INTERNATIONAL JUDO CENTER
35-22 150th Place, Flushing NY 11354
www.ijcny.com
First Class is **FREE!**

JOHN PENA

GYM NYC

NEW

Strength and Agility training with Kettlebells and Battle Ropes with US Navy Veteran, Certified Trainer & Owner/Operator of GYM NYC! Classes start **December 11th** and every Sunday 10am-11am. First class is **FREE!**

Tournament Results



2016 Nakabayashi Championship

- Edward Chung – Gold Medal
- Christos Pena – Silver Medal
- Ethan Chen – Silver Medal
- Jacob Chen – Silver Medal
- Isabella Pena – Silver Medal

Congratulations to our team for this great achievement.

Belt Promotions

Please join us and congratulate our students on their promotions. Based on outstanding performance in tournaments and advancement in skills IJC promoted:

- Edward Chung to Yellow Belt - RO KYU 
- Isabella Pena on to Green - YON KYU 

IJC will hold the next promotion test late January or early February. Sensei started to work with potential candidates to help them prepare for the test.

Sensei Reminds:

One's being respectful to others, being honest, and supportive of fellow Judoka is **required** at IJC. Every student must observe their conduct and be sure it is in line with the etiquette outlined and posted on our web site in The Dojo section. Students conducting themselves in a manner disregarding of these rules will be considered for membership termination.



Please, remember to maintain a quiet environment at all times in the waiting areas and locker rooms.

Please ensure any injuries, whether you deem they are related to Judo classes or not, received outside or inside the dojo are reported to the sensei or sempai as soon as you become aware of them.



HOLIDAY CLOSURES

December 24th and 25th



December 31st and January 1st



Upcoming Tournaments

December 11th - Spartak Cubs Winter Invitational

We have been learning:

De Ashi Barai



Tani Otoshi



Counter with Utsuri Goshi

