



# Croydon Judo Club

## Presents a 2 day Seminar on **JUDO SKILLS FOR SELF DEFENSE**

### Led By

Matt Clempner  
M.Sc.

7th Dan Judo 7th Dan JuJitsu

GB International Judo Player and  
Olympic Wrestler International Consultant on  
Conflict Resolution, Self -defence and  
Personal Safety.

Consultant Police Instructor and  
Former Self Defence Co-ordinator for the  
British Judo Association

Senior Instructor British Combat Association

**DATES:** Saturday 4<sup>th</sup> - Sunday 5<sup>th</sup> May 2019 10am to 4pm.

**VENUE:** Croydon Judo Club 38 Moreland Avenue Croydon CR0 6EA.

**COST:** £50 for advance booking or £30 per day (book on the day).

The course fee includes a light buffer lunch, tea coffee and water will be available



### **BOOK NOW TO AVOID DISAPPOINTMENT**

Contact & booking Enquires Rob Murly 07799394162  
Or email: [croydonjudoclub@gmail.com](mailto:croydonjudoclub@gmail.com)

For suitably qualified coaches there will be an opportunity during the course to validate/re-validate as a Personal Safety Instructor through the Institute of Martial Arts and Science (IMAS) which will require an additional fee.

Please contact Matt Clempner at [msclempner@hotmail.com](mailto:msclempner@hotmail.com), or  
Rob Murly on [murlyr@aol.com](mailto:murlyr@aol.com) for further details.





# Judo for Self Defence 4<sup>th</sup> & 5<sup>th</sup> May 2019



## Application Form

Name : \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Telephone no: \_\_\_\_\_

Email address: \_\_\_\_\_ @ \_\_\_\_\_

Please tick if you have a disability

Please provide any relevant information below so the organisers may make any reasonable adjustments where possible to facilitate your attendance and participation if so required

\_\_\_\_\_

Previous experience of martial arts /Self Defence Training (Please describe your experience briefly in the box below and include your grade in any martial arts discipline):

Tick box for payment method:

I enclose a cheque/postal order made out to **Croydon Judo Club for £50** for the course

I wish to pay **£50** by bank card and give my permission for the course fee to be collected. My card details are as follows:-

Card no:

Expiry date  /  /  CVC no

I declare the information given above is correct

Signed \_\_\_\_\_ Print Name \_\_\_\_\_

Please return this form, with the relevant fees to :

Croydon Judo Club 38 Morland Avenue Croydon CRO 6EA or  
email the form to [croydonjudoclub@gmail.com](mailto:croydonjudoclub@gmail.com) if paying by bank card  
Further Information about Croydon Judo Club may be found at [www.croydonjudo.com](http://www.croydonjudo.com)