



SCHEDULE OF CLASSES

Monday	12 Noon Senior	5pm Junior	6:00pm Senior
Tuesday			6:00pm Senior
Wednesday	12 Noon Senior	5pm Junior	6:00pm Senior
Thursday			6:00pm Senior
Friday	12 Noon Senior	5pm Junior	6:00pm Senior
Saturday	12 Noon Junior	1pm Senior	

Program	Classes	Rate Per Lesson	Total Tuition
A	20 \$225 Initial Payment	\$22.50 \$225 Due the Following Month	\$450
B	50	\$20	\$1000
C	Unlimited (1 Year to Complete)		\$1800
D	Private Lessons	\$150 per Hour (1 Student)	\$200 per Hour (2-4 Students)

Visitor Fee \$25

Make checks payable to Oishi

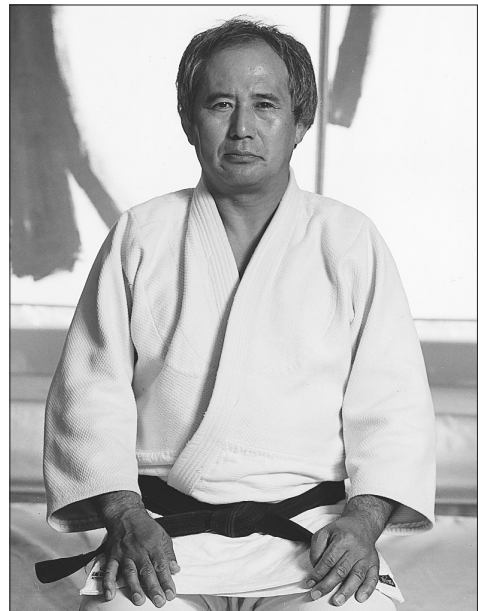
Description

Judo was developed in the late 1800's from the unarmed combat systems of Jujitsu by Dr. Jigoro Kano to be a safe system of mental and physical education. It uses techniques of throwing, hold-downs, strangle holds and arm locks to overcome opponents. These techniques take advantage of the opponent's strength rather than opposing it directly—which is why the sport is named "Judo" ("gentle way"). Judo places a higher premium on technique and strategy rather than strength, which makes it the most interesting of contact sports, one that you can study and enjoy throughout your life.

Develop fitness, knowledge and confidence in a challenging, competitive and friendly atmosphere. Classes are available for beginners and advanced students.

Shiro Oishi

- 7th Degree Black Belt
- AAU National Masters Judo Champion
- AAU National Judo Champion
- AAU National Wrestling Champion



Oishi Judo

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