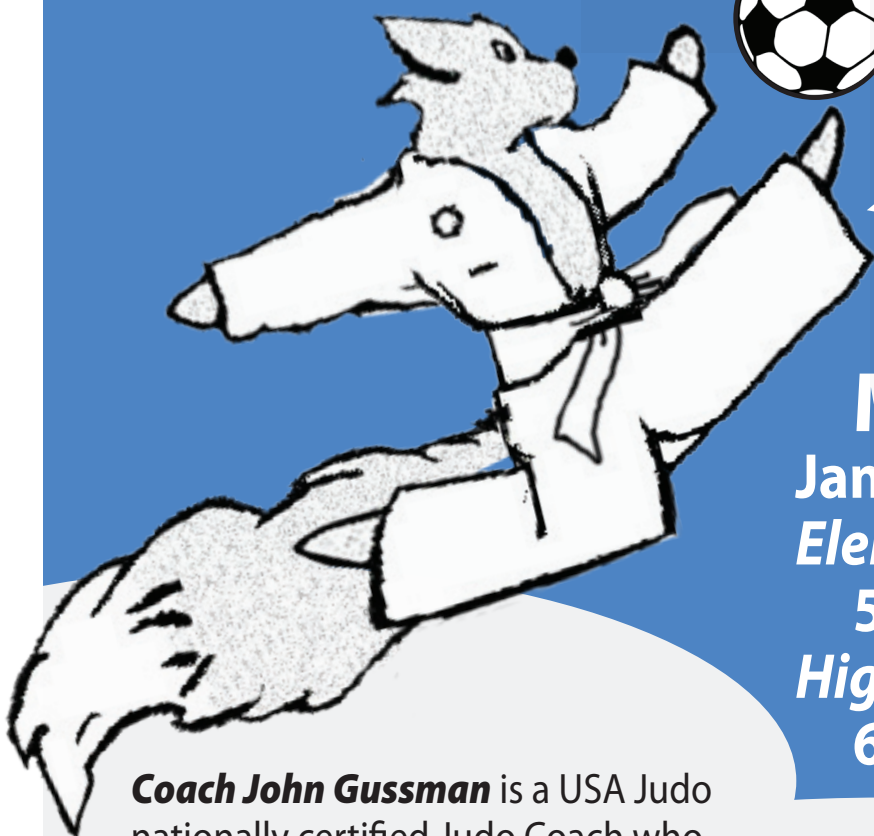


Team Chicago SOCCER CLUB

invites you to improve
your soccer skills with
Judo training at **MATS**
(Martial Arts Training Service)

- Learn to fall safely
- Develop core strength
- Increase body awareness
- Improve balance and agility



Coach John Gussman is a USA Judo nationally certified Judo Coach who has coached and sent players to the Junior and Senior PanAms and Senior World Games. Call Coach Gussman directly at **630-788-2061**

Martial Arts Training Service ■ www.martialartstraining.com
550 Industrial Drive, Unit D • Naperville, IL • **630-778-6600**

THE COMPETITIVE EDGE

4 week
**INTRO TO
JUDO**

Mondays

Jan 10, 17, 24 and 31, 2010

Elementary and Jr High

5:00 - 6:00pm

High School

6:30 - 7:30pm

**\$65. Contact Coach
Phil Nielsen to register.**