

# Jiu Jitsu Seminar - October 2017

**Tuesday 10<sup>th</sup> October**

**Thursday 12<sup>th</sup> October**

**Tuesday 17<sup>th</sup> October**

We are pleased to announce Rob Williams will be taking Brazilian Jiu Jitsu classes on Tuesday 10 October, Thursday 12 October and Thursday 17 October.

This is a great opportunity to experience a different martial art providing cross training so students receive full benefits of different defence techniques available.

Northern Shukokai Karate is sponsoring this program so we hope all students take this opportunity to train with one of the best exponents of Jiu Jitsu available.

Classes have been combined into Kinder and Little Dragons, Young Warriors and Adults to maximise the benefit for all our students.

As a result the training timetable for this period will change to accommodate the program. I ask that you carefully look at changed training dates and times.

Rob has asked that students come prepared with questions so he can help you understand the benefits. He is very passionate about his teaching with his varying experience a testament to this.

Please make Rob feel welcomed at the club showing him the same respect shown to all our instructors.

# Rob Williams



## About Rob

New Zealand Federation of Sports Medicine - Qualified Massage Therapist  
American Council of Exercise - Strength & Conditioning Coach  
New Zealand Fitness Leader Network - Personal Trainer  
2nd Degree Gracie Jiu Jitsu Black Belt  
Ten years' experience as a personal trainer specialising in sports performance.  
Fifteen years' experience in Judo, Boxing, Karate, Kung Fu & Thai Boxing.

## Competition History

2011 Vic Open Silver Medal  
2007 Vic Under 79kg Champion  
2007 Vic Open Weight Silver Medal  
2006 NSW Open Weight Silver Medal  
2005 NSW Open Weight Champion  
2004 NSW Open Weight Champion  
2004 World Championships Competitor  
2003 Open Weight Champion  
2003 World Championships Competitor  
2002 Under 79kg Champion  
2001 Gracie Pacific Rim Champion (USA)  
Multiple Pan Pacific Champion  
Australian National Champion  
7 x New Zealand National Champion

