




UCHIMATA SEMINAR

Join us for an in-depth seminar on Uchimata, one of Judo's most iconic and powerful techniques. This session will explore everything from foundational principles to advanced variations and drills, equipping participants with a thorough understanding of this essential throw. Perfect for judokas of all levels looking to refine their skills and elevate their practice!

 January 11th 2025

 IPÊ DOJO
3385 Yonge St - Toronto

 2pm to 6pm

 16+ AGE GROUP U16+

This clinic is sanctioned by Judo Ontario
All participants must be full members of JO.

[TRACKIE REGISTRATION LINK](#)

COST: \$40

White judogi mandatory



Sensei José Monteiro
ROKUDAN