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# JUDO WITH GM HOLDEN

**PRESENTED BY GM HOLDEN AT LAKE IN THE HILLS**

Prepare to take your skills to new heights with the Judo Seminar led by Grand Master Holden, an esteemed 8th-degree black belt and member of the AKF Board of Directors! Experience the power of advanced training as we focus on Off Balancing, Fitting In, and the precise execution of throws within each rank-based group. Option to promote, see your instructor for details!

**WHEN:** Saturday, March 2, 4:00 to 8:00 PM

**WHERE:** Kyuki-Do Martial Arts of Lake In The Hills, 2785 Algonquin Rd, Algonquin, 60102

**Cost:** \$70 per person / \$140 per family