



PLEASE COME TO THE
WOMEN'S WORKOUT
TO BENEFIT JOSHI CAMP

MAY 18TH, 2024

10:30AM- 12:30PM

TOHKON JUDO ACADEMY

NEW LOCATION! 5409 W DEVON AVE, CHICAGO, IL 60646

Come join us for an all women's Judo workout! Our goal is to develop and grow women's judo in the Midwest. There will be training for shiai and intro to refereeing in an all female setting. Beginners are welcome! Megumi Ishikawa will be showing some newaza techniques. Tracy Crawford will be explaining referee rules.

Ages: 10yrs and up

Cost: \$20 per person

Joshi Camp will be in Jefferson City, June 7-9, 2024

Proceeds will help to fund scholarships to attend the camp.

PLEASE RSVP(TEXT): CARYN TONO 773-865-7269