

Montville Recreation Department's  
**Tsugiashi Do Ju-Jitsu Classes**  
***for Adults***



**WHO:** Adults only

**WHAT:** The Tsugiashi Do Ju-Jitsu system is an innovative evolution of several traditional martial arts styles. The literal translation of “Tsugi” (again) “ashi” (foot) “do” (the way) reveals the major emphasis of the system. It is indeed “the way of the following foot”. The system is a method of stepping, body positioning, evasion, and hand and wrist techniques for close-in multiple attacks is the basis for Tsugiashi Do Ju-Jitsu. If the feet can get you where you need to be, it becomes easy to use the techniques you have learned.

Tsugiashi Do Ju-Jitsu has been designed as a “soft style” control system. It is a matter of using knowledge to avoid and nullify a potentially dangerous attacker. “You don’t have to swat a fly with an atom bomb”.

**WHEN:** Fridays: Continuous Program from 7:00pm to 9:00pm

**WHERE:** Activities Building located at 91 Passaic Valley Road in Montville (across from Willow Creek Stables).

**INSTRUCTOR:** Sensei Mike Wilson (Sandan)

**COST:** NO CHARGE

**REGISTRATION PROCEDURE:**

1. In Person 2. Mail 3. On-Line OR 4. Payment Drop Box in Municipal Building’s Parking Lot  
**For On-Line Registration !!!** Go to the town’s website at: <http://www.montvillenj.org/RecRegistration>

For additional Recreation Flyers go to: <http://www.montvillenj.org/RecFlyers>

**QUESTIONS ??? Call Recreation: (973) 331-3305 or Visit our Website: [www.montvillenj.org](http://www.montvillenj.org)**



**LIKE US on FACEBOOK at:** <https://www.facebook.com/Montvillerec/>



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**Tsugiashi Do Ju-Jitsu Classes for Adults 2018-2019**

Participant Name \_\_\_\_\_ M/F \_\_\_\_\_ Age \_\_\_\_\_ D/O/B \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Cell Phone # \_\_\_\_\_ Home Phone # \_\_\_\_\_

E-Mail/s (Please print clearly! Distinguish b/w letters & numbers!) \_\_\_\_\_

Emergency Name & Phone # \_\_\_\_\_

Known Medical Conditions/Allergies \_\_\_\_\_

Please list any special needs that you may have that will assist us in providing a successful program:

\_\_\_\_\_

I understand that the Recreation Department DOES NOT provide accident insurance.

*I understand that participation in this program is done at my own risk. Recognizing that there is a risk of injury associated with this program, I release, indemnify and hold harmless the Township of Montville, the employees and program instructors from and against any and all claims.*

PARTICIPANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**FOR OFFICE USE (11/6/18):** Received By \_\_\_\_\_ Date \_\_\_\_\_ **PROGRAM # 876**