



MAEVE COUGHLAN

J-Girls Ambassador
& Aus team athlete

J G I R L S

NATIONAL MAT TAKEOVER
SUNDAY, 23 MARCH 2025
MELBOURNE, VICTORIA

WHAT'S INVOLVED?

Spend time on the mat with some of the country's best, learning new skills, enjoying judo related games and forming life long friendships!

WHO SHOULD COME?

J-Girls (or soon to be) aged 5 and up, from every corner of the country. Come by yourself, bring a whole bus – absolute beginners all the way up to Dan grades welcome!

TIME & LOCATION

10AM - 4PM

CombatAUS NPC (31 Aughtie Drive, Albert Park VIC 3206)

COSTS

\$30 for registered Judo Victoria members

\$90 for non-Judo Victoria members

Includes t-shirt, training, BBQ/food & FUN!

REGISTER NOW!

www.revolutionise.com.au/judoaustralia/events



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Australian Government
Australian Sports Commission

PLAYWELL
Everyone has a place in sport

