

Falling Workshop

The Art of Injury Prevention



Saturday November 8, 2025

9:30 am – 11:00 am

ClubFitness Oak Branch, 21 Oak Branch Drive, Greensboro, NC

Practice ground-falling techniques in a safe, padded environment. *No previous experience required.* The Art of Falling is practiced in many martial arts, including Judo, Ju-Jitsu, and Aikido.

Damage from falls can cripple or kill. Many suffer fractures, broken bones, and fatal injuries to the head. Falling practice is a great workout for the entire body and reduces fragility, the chief reason for serious injuries. People from 18 to 83 have participated in this training without injury and graduated with confidence! Wear sweats or other thick workout clothes. If you have a “gi” (Judo uniform) you may use it.

*****90-minute class is \$45.00 members, \$59.00 non-members. Class size is limited.
Register at (336) 478-2660 by November 5th.

Your instructor, Eric Reiss, has fifty years experience in the martial arts including Judo, Ju-Jitsu, and Tai Chi Chuan!

Bonus! You are invited to attend a “Tai Chi for Better Balance” class FREE after the workshop, 11:30 – 12:30 pm!

