Since Gromov's famous '85 paper, J-holomorphic curves have revolutionized the field of symplectic topology. The aim of this course is to give a brief introduction to the theory and application to symplectic manifolds. We will analyze the space of compatible almost complex structures and outline Gromov's non-squeezing theorem. Time permitting, we talk about results having more of a dynamical flavor that are proved using J-holomorphic curves.