

STUDENTS *or* INSTRUCTORS! ENHANCE YOUR SELF DEFENSE SKILLS!

With the **UNITED HAPKIDO FEDERATION**



NOVEMBER 20TH, 2010

10:00 am TO 3:00 pm

**Real Self
Defense !**

HAPKIDO SEMINAR

Grandmaster Ron Suggs will teach the strikes, locks, throws and take-downs of Hapkido. He brings a unique perspective due to his experience in actual physical encounters that occurred during his career in Military Law Enforcement and Corrections. Furthermore, he incorporates meditation and visualization into his teaching. He is a Grandmaster of Hapkido, Taekwondo, and Judo and has taught and studied martial arts both in the U.S. and in Asia. He currently heads the United Hapkido Federation.

- **PROVEN STREET -EFFECTICE SELF DEFENSE**
- **WILL SEAMLESSLY FIT INTO ANY MARTIAL ARTS CURRICULUM**
- **CERTIFICATION AND ONGOING SUPPORT AVAILABLE**

**Ballard Community Center
6020 28th Ave NW
Seattle, WA 98107**

**Saturday, November 20th
10:00 am to 3:00 pm
(1 hr. break for lunch- on your own)**

**\$65 (\$40 youth) registration on/before
November 13th, or
\$75 after November 14th
(LEO/Military \$40 anytime)**

**Contact: Master Charles Podzalne
masterpodz@yahoo.com**

360-970-3145

www.unitedhapkidofederation.com

**GRANDMASTER
RON SUGGS,
9TH DAN HAPKIDO,
SHOWN LECTURING
AT A PREVIOUS
U.H.F SEMINAR**

