

Advancing Spirit

Martial Arts Academy

Presents



Advancing Spirit Martial Arts

Studio #2 (Health Club & Lounge)
5502 Lougheed Hwy, Burnaby, BC

Fri.

May 11

18:30-20:30
\$50

COMBINATION KICKING & STRIKING
Basic drills and advanced applications
SWORD (against sword)
Techniques #1-10

Sat.

May 12

Seminar #1
10:30-12:00
\$50

ACADEMIC TECHNIQUE:
Develop perspective in 6 different techniques in a school setting.
e.g. Kicking/striking; joint manipulation; throwing

Seminar #2
13:30-15:00
\$50

DEMONSTRATION METHOD
Develop demonstration skill in 6 different techniques

Seminar #3
16:00-17:30
\$50

'TAKING IT TO THE STREET'
Making 6 different techniques effective on the street.

Master

Ken Corona

Payment options
(Cash or cheque only!)

\$160.00 both days
\$130.00 Saturday only
\$50.00 per seminar

Call 604-649-5034 To register today!