

3rd Annual

2 DAY MARTIAL ARTS SEMINAR

July 27&28 2007

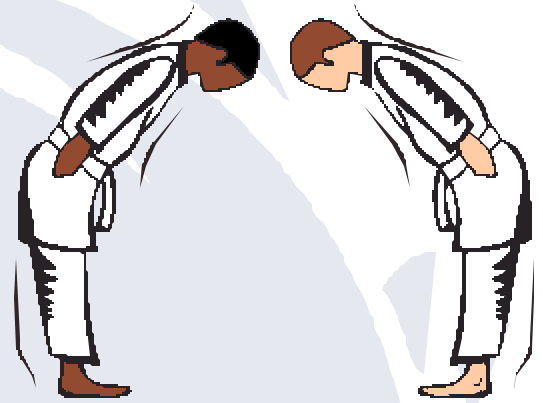
Friday 7:00 PM – 8:30 PM - Saturday 10:00 AM – 1:30 PM



- Everyone is Welcome -

Beginners, Colored Belts, Black Belts, All Styles.
Men, Women, Children

- Learn a gentle way to control a confrontation.
- Add grappling to your martial arts style.
- Increase your knowledge and skills in the martial arts.
- Learn how to fall and roll, to do arm locks, wrist locks, and take control while on the ground.



When: July 27&28 2007

Where: J.A. Albertson Activities Center
Room 101
Albertson College
2112 Cleveland Blvd. Caldwell

For more information: Call
Sensei Mike Winchester at:
208-454-9590

Cost: \$50.00 Pre-registration (July 22nd deadline) \$60.00 at the door
A school with 3 or more paying participants, the sensei may attend at no cost.

There will be a limited number of participants, so register early.



**Instructors are from
Alaskan Jujitsu / Kenpo Institute.**

Master Myron Severson and Sensei Terry Adlawan teach in Anchorage, Alaska. They are teaching both the American Kenpo style and the Hawaiian Jujitsu style. Both have had many years of teaching in the martial arts. Master Severson has also taught in Mountain Home, and Nampa, Idaho

Please wear something to work out in, and upper garments that will not tear when grabbed.