

One day clinic



DO NOT MISS THIS OPPORTUNITY TO TRAIN WITH SOME OF LFP'S BEST INSTRUCTORS, AND THE FOUNDER OF LFP.

*** 3 hours of concentrated training and learning of various topics, some of which are NOT usually covered in your normal class sessions.

*** OPEN TO ALL RANKS & AGES (Beginners to Advance level).

DATE: (Sunday) 12 / 9 /2010.

TIME: 10.00am to 1.30pm.(All Ranks --- Mascots/ Juniors / Seniors)

LOCATION: Lysterfield Primary School , Bellfield Drive, F.T.Gully.

COST: \$30.00 pp (all ages).

**TOPICS :- Katas & Bunkai (technique applications)
Weaponry (Arnis & Bo & Nunchaku) ; Aikido/
Mushindo/Judo Throws; Sparring strategies;
Kickboxing; Advance Kicking.**

This CLINIC will definitely accelerate your martial arts skills.

***** YOU MUST PRE-BOOK BEFORE 3 / 9 /2010 OR YOU WILL MISS OUT. NO ENTRY ON THE DAY.**

Full Payment on booking (Non-Refundable).

**BOOKING IS ESSENTIAL
Phone Kancho 9759.7187 or 0418.809808**