

PERSONAL SELF-DEFENSE SEMINAR

WITH SPECIAL GUEST INSTRUCTORS:

**SENSEI DARREN MARSHALL &
SENSEI MICHAEL RUST**



PERSONAL PROTECTION SPECIALISTS

**5TH DEGREE BLACK BELTS IN SHINTANI WADO-KAI
KARATE**

EDMONTON: FRIDAY & SATURDAY, FEBRUARY 8, 9TH 2019

**CRAWFORD PLAINS ELEMENTARY SCHOOL
4210 12 AVE NW, EDMONTON, AB T6L 5V6**

JR ANTI-ABDUCTION SEMINAR: SATURDAY: 9:00 - 11:30 AM

SR SELF-PROTECTION SEMINAR: FRIDAY: 7:00 - 9:30 PM

SATURDAY: 12:30 - 4:30 PM

THIS COURSE WILL HELP MARTIAL ARTISTS UNDERSTAND THE DIFFERENCE BETWEEN MARTIAL ARTS AND SELF-DEFENSE REALITIES. CONCEPTS ARE BASED ON SHINTANI WADO-KAI KATA AND ARE THE BEST AND MOST ACCEPTED METHODS OF SELF-DEFENSE WORLDWIDE.

CONCEPTS COVERED WILL INCLUDE:

- VERBAL CONFRONTATIONS AND DE-ESCALATIONS
- INTERPRETING BODY LANGUAGE.
- TECHNIQUES DRAW FROM KUSHANKU, NAIHANCHI, PINAN SANDAN, PINAN GODAN
- PHYSIOLOGICAL CHANGES WHEN THREAT IS PERCEIVED
- LEGAL IMPLICATIONS TO USING SELF DEFENSE
- MOST COMMON ATTACKS AND HOW TO ADDRESS THEM THROUGH EASY TO GRASP CONCEPTS AND PRINCIPLES

PARTICIPANTS ENGAGE IN SCENARIO-BASED DRILLS UNDER CONTROLLED CONDITIONS, UTILIZING KATA MOVEMENTS THEY ALREADY KNOW

ADULT SEMINAR: \$100, INCLUDES FRIDAY & SATURDAY

CHILDREN'S SEMINAR: \$25, SATURDAY MORNING

PRE-REGISTER AT: WWW.MILLWOODS-KARATE.ORG

FOR INFORMATION CALL: 780-990-8662

***** SPACE IS LIMITED. PRE-REGISTER TO GUARANTEE YOUR SPOT! *****