

MARTIAL ARTS SEMINAR

AUGUST 22ND

10AM - 3PM



**GRANDMASTER
WAYNE ADAM**
8TH DEGREE BLACK BELT

SUBJECTS:



BODY TYPE ANALYSIS

Learn how different body types impact movement, technique, and performance.



ELEMENTAL MOVEMENT

Discover the power of the five elements and how to integrate them into your training.



FIGHTING COMBINATIONS FROM THE SHOOTERS STANCE

Develop effective combinations using footwork, timing, and targeting from a shooters stance.

**COST:
\$60**



2000 SEYMOUR DRIVE

