



Shuri-Te Bujutsu-Kai & SideKick Karate of Concord, NC

Presents



Internal Martial Arts

八卦掌

形意拳

Baguazhang & Xingyiquan

Kyoshi Paul Cote

Concord, NC

When:

March 21 & 22, 2026

Times:

Saturday March 21:

Session-One: 1:00 PM - 6:00 PM

Session-Two: 7:30 PM - 9:00 PM

Sunday March 22:

Session-Three: 1:00 PM - 5:00 PM

Where:

SideKick Karate of Concord, NC

521-C Pitts School Road NW

Concord, NC 28027

Cost: (Cash or Check Only)

Full Weekend both days \$90.00

Saturday Only both sessions \$60.00

Sunday Only \$40.00

Topics:

Saturday - Session One: Baguazhang principles of movement and linear forms (Martin), Xingyiquan principles and 5 fists (Martin), Capabilities development (Paul)

Saturday - Session Two: Advanced concepts of the Internal Arts (Paul)

Sunday - Session three: Advanced Applications and Self Defense (Paul with Martin assist)



Paul Cote, Kyoshi

Master Level Instruction
Baguazhang & Xingyiquan

Chief Instructor Shuri-Te
Bujutsu-Kai Internal Martial
Arts Program for Xingyiquan
and Baguazhang

Senior Advisor for SBK
Taijiquan Program

Taijiquan Instructor,
Yin Cheng Gong Fa

8th Dan Isshin-Ryu, (IWKA)

Martin Elvidge, Renshi

Xingyiquan & Baguazhang Instructor
5th Dan American Open Karate
3rd Dan Shurite-Ju-Jutsu Bujutsu
1st Dan, Shuri-Ryu Karatedo



School Info:

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www.sidekickkarateconcord.com

Hosted By:

SideKick Karate of Concord
Christopher Alexander, Sensei
American Open Karate
Shuri-Te Ju-Jutsu/Bujutsu



Event Contact Info:

Martin Elvidge
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