



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

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# Internal Martial Arts

## Baguazhang & Xingyiquan

### Kyoshi Paul Cote

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## 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:

Christopher Alexander  
980-777-8597

sidekickkarateconcord@gmail.com  
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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