

MODERN ARNIS SEMINAR IN HERCULES, CA

» FEATURING DR. REMY PRESAS JR.



OCTOBER 23, 2022
SUNDAY
9AM TO 4:30PM

LEARN THE BASICS

FILIPINO MARTIAL ARTS AT THIS
UNIQUE ONE DAY SEMINAR INCLUDING

- 1) IMPACT (STICK)
- 2) EDGED WEAPONRY'S (KNIFE)
- 3) EMPTY-HAND ARTS (BOXING AND GRAPPLING)

LOCATION

SOLIS MARTIAL ARTS
1511C SYCAMORE AVENUE HERCULES, CA
94562
(INSIDE CREEKSIDE SHOPPING CENTER NEXT
TO PIZZA HUT)

COST FOR ONE DAY TRAINING

CLASS SIZE IS LIMITED TO ONLY
16 PARTICPANTS AND IS BY
EMAIL REGISTRATION ONLY.

\$75

REGISTER

TO REGISTER, SEND EMAIL BY
OCTOBER 1, 2022 TO
MODERNARNISTRANING@GMAIL.COM

FOR MORE INFORMATION VISIT --- [HTTP://WWW.MODERNARNIS.COM](http://www.modernarnis.com)

EVENT: ONE DAY BASIC FILIPINO MARTIAL ARTS SEMINAR WITH DR. REMY PRESAS JR. ON SUNDAY, 23 OCT 2022

LOCATION: SOLIS MARTIAL ARTS - 1551C SYCAMORE AVENUE, HERCULES, CA 94562 (LOCATED WITHIN CREEKSIDE SHOPPING CENTER NEXT TO PIZZA HUT)

DR. REMY PRESAS IS WORLD RENOWN AS THE FINEST INSTRUCTOR OF FILIPINO MARTIAL ARTS AND MODERN ARNIS. HE IS THE SON OF GRANDMASTER REMY AMADOR PRESAS, THE CREATOR OF MODERN ARNIS, A FIGHTING SYSTEM THAT IS CONSIDERED THE MOST POPULAR FORM OF FILIPINO MARTIAL ARTS IN THE WORLD. DR. PRESAS INHERITED THE SYSTEM FROM HIS FATHER AND DEDICATED HIS LIFE TO EXPAND THE SYSTEM. TO DATE, HE CONTINUES TO IMPROVE THE SYSTEM BY EXPLORING THE INTERSECTION OF AND GOING BEYOND THE BOUNDARIES OF WEAPONRY, EMPTY-HAND BOXING AND GRAPPLING.

DR. PRESAS HAS NOT HELD A SEMINAR SINCE SPRING 2020 AND THIS IS HIS FIRST SEMINAR IN TWO YEARS. THIS IS ALSO HIS FIRST LOCAL SF BAY AREA SEMINAR IN OVER A DECADE. HE IS A MUCH IN-DEMAND PRESENTER WORLDWIDE AND RARELY HAS THE OPPORTUNITY TO PRESENT LIMITED SCOPE SEMINAR IN THE SF BAY AREA.

THIS EVENT IS A GREAT OPPORTUNITY TO EXPERIENCE THE BEST OF MODERN ARNIS DIRECTLY FROM THE PRESAS FAMILY WITH DR. PRESAS.

APPLICATION FOR THE ONE-DAY EVENT IS VIA EMAIL ONLY AND LISTED IN THE CONTACT SECTION AT THE END OF THIS ANNOUNCEMENT.

CLASS SIZE IS LIMITED TO 16 PARTICIPANTS AGED 16 AND ABOVE AND COST IS \$75 PER ATTENDEE.

GALLERY VIEW SEATING IS \$5 ON THE DAY OF THE EVENT AND LIMITED TO ONLY 10 SPACES.

THERE IS TO BE 2 MORNING SESSION , LUNCH AND 2 AFTERNOON SESSION, REGISTRATION BEGINS AT 9AM, RELEASES OF LIABILITY MUST BE FILLED OUT AND SIGNED BY THOSE ATTENDING BEFORE WORKING OUT.

SCHEDULE

9:00AM TO 10:00AM - CHECK-IN FOR REGISTERED APPLICANTS

10:00AM TO 11:00AM - FIRST MORNING SESSION WITH DR. REMY PRESAS JR.

11:00AM TO 11:15AM - BREAK (15 MINUTES)

11:15AM TO 12:00AM - SECOND SESSION

12:15PM TO 1:30PM - LUNCH BREAK

1:30PM TO 2:30PM - THIRD SESSION

2:30PM TO 2:45PM - BREAK (15 MINUTES)

2:45PM TO 3:45 PM - FOURTH SESSION

3:45 PM TO 4:30PM - END OF EVENT, TEAM PHOTO, SELFIES, ETC...



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