

A DAY WITH JAY SEMINAR ONE TIME ONLY!

A WORKSHOP FOR BROWN & BLACK BELTS ON DEFENSE AND MOVEMENT SKILLS

In this workshop, you will learn to block effectively and move efficiently. Learn my favorite blocking approach, along with other valuable skills, relating to and including stances, combinations and footwork. I will throw in some “for what it’s worths” and we will drill until we drop. Good times all around!

Bring your uniform, lunch, learning hungry attitude, and if possible, a drill buddy.

Cost: for one person is \$125.00.
for a buddy is \$100.00.

Date: Saturday, January 14, 2012

Time: 10:00 AM to 4:00 PM

Location: Bailey’s Traditional Taekwon Do College
22315 Highway 99 North, Suits 6 – 7
Edmonds, Washington 98026

Please sign up by calling me at (503) 399 - 0159 by January 14th 2012.

Payments will be taken after the class is over.

This seminar is for persons with a desire to continue growing as Tae Kwon Doists. If that is you, I am looking forward to training with you.

Jay