

Hanbo/Cane/Umbrella Workshop

Topics covered will include the following:

Learn the 9 basic strikes	Surprise attacks
Learn to move freely with the weapon	Attack scenarios
Striking/Grappling Techniques	Close range fighting

About the Workshop

- Utilize reality based concepts and techniques in order to learn how to defend yourself
- Realistic attacks and scenarios
- This will be an open learning and sharing forum
- "Non-competitive" atmosphere geared towards the learning, sharing and communication process

No prior martial arts experience is required in order to participate in this workshop

- Adults only (18+ years old) men and women of all ages and sizes
- Wear comfortable clothing

Price: \$20 - please email if you plan on attending

Date: October 23, 2010

Time: 1:30 PM – 4:00 PM

Please visit the website for directions to the dojo: <http://njninja.com>

Email: contactus@bukeyashikidojo.com - Phone: (201) 203-0822

1171 Madison Ave Paterson, NJ -Located in the Aikido Center of NJ dojo second floor

