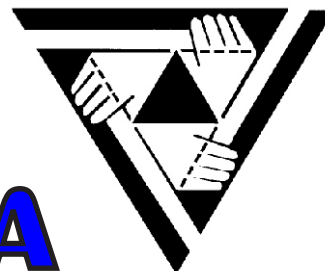




Tai Chi

LATOSA ESCRIMA



SHARED PRINCIPLES

A follow-up two-hour class on Latosa Escrima concepts, combined with Tai Chi concepts, and the harmonious relationship between the two elite arts. This 2nd class will include more weapons training.

Latosa Escrima is the best weapons style (handheld weapons) that you could study. The use of weapons is practical and very effective. It is based on the principles of balance, focus, and pressure. The “Box” and “So What” concepts are priceless.

Tai Chi “the great ultimate fist” is equally effective, but is approached from the inside (internal art) and focuses on slow, long-term training and vibrant health. This healthy, meditative practice, combined with Latosa Escrima makes for a complete art. We will mix the two arts throughout the class.

When: Saturday, October 19th, 11:30am - 1:30 pm

Cost: \$60

Who: Everyone, no knowledge of either art required

Instructor: Daniel Cuthbertson, owner of Petaluma Academy of Martial Arts, with over 50 years of training in external martial arts and over 40 years of training in Tai Chi.



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