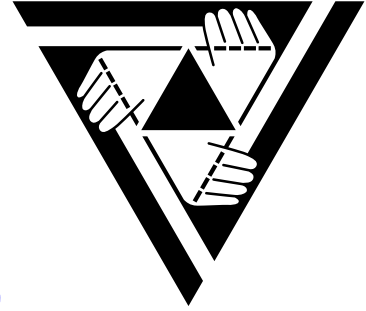


Escrima Concepts SEMINAR



This Escrima seminar will focus on weapons training that translates to empty hands. We will explore balance, focus and pressure utilizing the strengths of the weapon as it relates to street self defense. We will repetitively learn movements that will be automatic and concepts such as the "box" , "so what" and "offline" that will become second nature.

All levels welcome, no experience required

DATE: Saturday, April 12th

TIME: 11:30 to 1:30

COST: \$55



PETALUMA ACADEMY OF MARTIAL ARTS

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Tai Chi, Self-Defense, Kenpo Karate