

Technical **CANE** WORKSHOP



Saturday, April 27th

The cane is a versatile tool for mobility, personal fitness, and self-defense. This workshop will be introducing students to the ways that the cane can be used as a defensive tool and will cover the following:

1. Defensive techniques against other weapons.
2. Methods to counter strikes, chokes, and grabs
3. How to use different parts of the cane to achieve devastating effects
4. Warm-ups and exercises with the cane

There are a limited number of canes available for use at the workshop

WHEN: Saturday, April 27th, 2024

TIME: 11:30am - 1:30pm

INSTRUCTOR: Mr. Benton

COST: \$45



PETALUMA ACADEMY OF MARTIAL ARTS

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