



## Seminars May 18& 19 and Sept 14& 15

Kali, Arnis, Esgrima, Jujutsu, Silat, Sambo

Knife, Stick & Empty Hand Fighting Techniques: Disarms, Ground Techniques, Locks, & Submissions

Saturday: 12:30 - 5 PM Sunday: 9 AM - Noon Medford Judo Academy in Phoenix, OR

\$50 Saturday & Sunday, \$40 Saturday Only, \$25 Sunday Only

DISCOUNTS: Dojo Members of Danzan Ryu, Tang Soo Do, Aikido, PSMA, orfor travel expenses: \$20 both days training, \$10 one day training.

For information call John Fox Sensei: 541-621-3360 PSMA website: progressivesystemofmartialarts.org Aikan Dojo website: www.aikan.homestead.com