



Fall Seminar **with KJN Jan and Master Frank D'Amato**

September 24-29

GRAPPLING – WEAPONS – SELF DEFENSE

September 24 & 25	1st kids class	5-6:30pm
	2nd kids class	6:30-8pm
September 26	Black Belts only	6-8pm
September 27	Black Belts only	4:30-6pm
	Teen and Adult	6-8pm
September 28	Teen and Adult	6-8pm
September 29	Teen and Adult	10am-Noon (obstacle course)
	Everyone welcome	1:30-3:30pm (certificates/promos)

Kids \$35

Adults \$120

****Sign up and payment due no later than Friday, Sept. 21****