

*In support of the
Pacific Association of Women Martial Artists*



Hard and Soft
Working Together
Become Complete

SAWMA and PAWMA present:

Martial Arts Fall Clinic

Especially for Women Martial Artists

October 16, 2011

8:00 am – 5:00 pm

Dragon Fire Martial Arts

5728-A Folsom Blvd

Sacramento, CA

Women martial artists of all abilities and styles are invited to participate in this low-cost, daylong clinic!

Train in a supportive, challenging environment, taught by talented women martial artists of all styles.

Styles represented:

Kenpo Karate

Taekwondo

Danzan Ryu Jujitsu

Kodokan Judo

Cho Hwa Mo Yang Do

Sinawali

Cost: Only \$20 for the day (includes lunch!) or \$10 for the day for PAWMA members. If you'd like to become a member, please visit www.pawma.org.

Schedule:

Registration opens: 8 am

Clinic opens: 8:45 am

First class begins: 9:00 am

Closing: 5:00 pm



Like us on Facebook: Pacific Assoc Women Martial Artists Sacramento

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Detailed Class Schedule

8:45 am - Opening

9:00 – 10:30 am

Mat 1: Silke Schulz – board breaking – All Levels

Mat 2: Sensei Cris Giordano – Kenpo Karate – Intermediate/Advanced

10:45 – 12:15 pm

Mat 1: Sensei Delina Fuchs – Danzan Ryu Jujitsu – All Levels

Mat 2: Sensei Denise Gonzales – Kodokan Judo – Intermediate/Advanced

12:30 – 1:30 pm

Lunch (provided)

1:45 – 3:15 pm

Mat 1 – Sifu Marieta Delacruz – Double Stick Sinuwali – All Levels

3:30 – 5:00 pm

Mat 1 – Lois Skidmore – Cho Hwa Mo Yang Do – All Levels

5:00 pm - Closing