

Friday, January 29 through Sunday, January 31, 2010!

KEVIN SECOURS SYSTEMA SEMINAR

Fundamentals, health work, and breathing • Weapons defense based on universal principals • Multiple attacker situations • Ground engagement and flow • Start with this seminar or build on what we did in our last Kevin Secours Systema Seminar!

Yes! Sign me up for the seminar!

Name:

Address:

City State Zip:

Best Contact Phone:

Email:

\$50 *Friday 7PM to 10PM – a short, intense block of instruction!*

\$249 *All Three Days of Systema prepaid before January 10th.*

\$225 *Saturday and Sunday only, prepaid before January 10th!*

\$275 *Saturday and Sunday only, after early registration closes.*

\$50 *Law Enforcement seminar – Sunday 5PM – 7PM*

Checks should be payable to Rick Fowler's Kenpo Karate. We also accept credit/debit cards and cash payments.

***Friday,
January 29, 2010
7PM to 9PM***

***Saturday,
January 30, 2010
11AM to 6PM***

***Sunday,
January 31, 2010
9AM to 3PM***

Register early and get ready for a great weekend with a Senior Systema Instructor.

Rick Fowler's Kenpo Karate

**5443 North MacArthur Blvd.
Irving, TX 75038**

Phone: 972.753.0002

**Email: rf.kenpo@verizon.net
www.rfkenpo.com**

Juniors and Teens!

Kevin will be leading a special kids class on Saturday from 9:00AM to 10:30AM.

Early registration (before 1/15/10): \$20

On or after 1/16/10, or at the door: \$25