

RICK FOWLER FIGHTING ARTS

LockFlow Seminar

CONTROLLING AND SECURING OPPONENTS WITHOUT DOING MAJOR DAMAGE

Learning locks and counters to locks is just as important as learning basic punches, strikes, kicks. A well rounded martial artist should have the ability to touch an opponent, and find an arm bar, finger lock, wrist lock and have the skill to control there partner or opponent with this lock. It is also just as important to be able to counter any lock attempted or put on you.

This seminar will cover a progression of thirty-six locks.

WHEN: JANUARY 21, 2012
12:30am to 2:00pm

WHERE: Rick Fowler's Kenpo Karate - 972-753-0002
5443 North MacArthur Boulevard
Irving, TX 75038

EMAIL: rf.kenpo@verizon.net

FEES: \$40.00 which includes the new LockFlow DVD
Or \$20.00 if you already have the DVD

Sign me up for the seminar!

Name: _____

Address: _____

City State Zip: _____

Best Contact Phone: _____

Email: _____

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