

2nd Scandinavian seminar

with

Dr. Gunnar Siebert

Chief-Instructor AEK and Full-Contact World Champion



When: Saturday, 09.05.2015
10:00 – 15:00 (incl. lunch break)

and Sunday, 10.05.2015
10:00 – 14:30 (incl. short break)

Where: Lilleakerveien 8
0283 Oslo

Costs: 500,- NOK (65 €) one day
800,- NOK (100 €) both days

ARNIS NORWAY
ESCRIMA KALI



CUM BACULO

ET FERRO

PHILIPPINE COMBAT ARNIS & GSYIAM KALI

principles and applications
against
single and multiple opponents

- footwork and orientation
 - distance and timing
 - take-downs and throws
 - forms and sparring exercises
- ...for beginners and advanced levels

On Saturday, there will be the possibility for graduation according to the AEK curriculum following the seminar

Bring with you:

- 2 sticks
- Training-knife
- Towel/rope/belt, pen
- Machetes

Registration: (until 01.05.2014)

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