



22 August, 2011

Dear Students,

On the 11 September 2011 usma Taekwon-do will have its first Self defense Seminar.

Venue:

Monash University building 1

Time 9 am until 4pm

Lunch 12 -1 pm

We will be working on releases, immediate responses controlling situations as well as ground work.

I will Endeavour to create a perspective of regarding a realistic manner of how to adapt to a real situation

Break Falling

The understanding on a way to fall is important, we will therefore show back side and front break falls.

Training with basic holds

Releases

Counter attacks

Controlling Sweeps Throws;

The fee is \$35.00

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Plases return ASAP

Administration only:

I will take part min the Self Defense Seminar

Name:.....

Fee: