

HANSHI TONY ANNESI

MINIMIZING KARATE

LESS EFFORT, MORE RESULTS
SUNDAY, JUNE 18, 2017 1:00 PM TO 5:00 PM

DefenseWise Martial Arts, 16 Ferry St., So. Grafton, MA

Host: Debra Ripsz

The essence of karate is the kumite or engagement match. We learn karate with certain stances, strikes, blocks, and forms that teach us the basics of how to defend and attack. Then we apply that knowledge in karate combinations and in sparring drills. Our training gradually becomes more efficient. And yet, once we can defend and retaliate with authority, we seldom consider if it can be **more** efficient. This seminar is a step toward that greater efficiency.

OPEN to ALL practitioners.
No knowledge of karate kata needed.

Register before June 4th and take advantage of the **early bird discount.**

EARLY BIRD:
ONLY \$79
After June 4: \$99

REGISTER

