

HANSHI TONY ANNESI SPARRING SKILLS & STRATEGIES

AN INTELLECTUAL APPROACH
SATURDAY, AUG. 17, 2019 10:00 AM TO 2:30 PM
Goshin Dragon Karate School
810 Monroe St., Berwick, PA18603 (570) 204-9299

You can learn a lot about sparring by simply sparring, but there are subtleties that may escape your notice. In three concentrated lessons, Hanshi Annesi will take both the experienced karate-ka and the beginner from developing a “feel” when facing off, to developing a reasonable set of combinations, to understanding the type of fighter you are facing (and how to deal with him/her).

OPEN to ALL practitioners.

Register before Feb. 28th and take advantage of the **early bird discount.**

EARLY BIRD:

ONLY \$99

REGISTER

After June 4: \$150



EARLY BIRD SPECIAL ONLY \$99 for each, \$175 for both.
After February 28: \$150 each, \$250 for both

REGISTER

HANSHI TONY ANNESI AIKI-JU-JUTSU TOOLKIT 2

EFFICACY & EFFICIENCY
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The essence of advanced Aiki is effective self-defense with a minimum of effort. Hanshi Annesi has developed approaches to common aiki techniques that allow the student to work less and succeed more.

He teaches these skills through principles that student can easily understand, duplicate, and apply to other techniques, as well.

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