

Ground Defense Seminar

March 17th, 2018, 2-5 PM

\$49 at the door

6th degree black belt Hapkido Master/Arnis Guro David N. Beck

Hosted by Executive Self-Defense and Fitness

115 Aero Country Rd, McKinney, TX



Practical ground fighting is more than rolling around on the ground trying to get a submission. For self-defense you don't have a controlled environment, a referee stepping in, or limits to one attacker. Come learn some practical self-defence on the ground using fighting techniques from point of view of the Filipino martial art of Arnis (aka Kali or Escrima) and the Korean martial art of Hapkido. No experience necessary! Open to all styles; cross-trainers from other martial arts welcome! Ages 12-up (parental permission needed if under 18).

Want more info? Call 214-334-5951 or email dnbeck@beckmartialarts.com.