

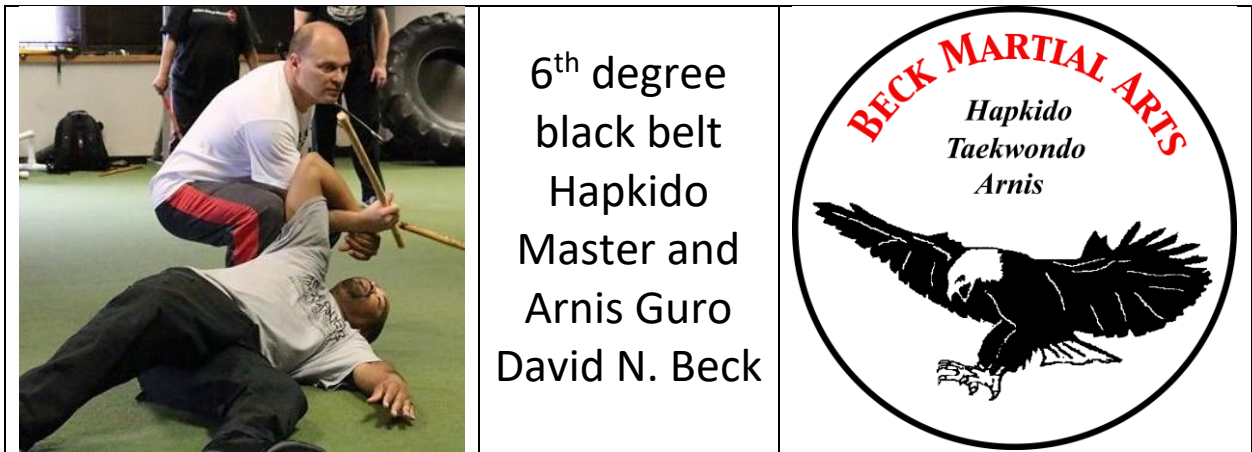
# *Stick Joint Locking Seminar*

April 7<sup>th</sup>, 2018, 2-5 PM

\$59 at the door

Hosted by Executive Self-Defense and Fitness

115 Aero Country Rd, McKinney, TX



Sometimes you are just not legally justified in hitting someone with a stick! Learn how to lock them up and control them instead, using techniques from 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). Sticks will be available for loan or purchase if you don't have them.

Want more info? Call 214-334-5951 or email [dnbeck@beckmartialarts.com](mailto:dnbeck@beckmartialarts.com).