

March Black Belt Workshop

Kali & Jeet Kune Do

Taught by

5th Degree Black Belt

Lucila Espedido

Lucila began her martial arts study in 1982. In 1998 she was the first female student to be ranked as Instructor by Ron Balicki and Diana Lee Inosanto.

Develop smooth efficient motion in the highly street smart martial art Kali. Gain martial attributes through JKD concepts by isolating and perfecting technique in the context of motion. Warm up for Ron Balicki!

Saturday, March 27, 2010

Time 12:00PM to 2:00PM

Lincoln Ave.

Recommended Equipment

Kali Sticks, Training Knife, Focus Mitts, Bag Gloves

Price \$10

\$5 for BBC

Bring an non-DAMA friend and you both enter free!

Black Belts invited!

See the front office
to register!

