

Don't miss out on our Sport Kickboxing Workshop

Train with veteran Kickboxer and Trainer of Multi-World Champions
Professor Dennis Guila in an in depth workshop that will include



- a. Fighting Principles,
- b. The art of Mitt/Pad Training,
- c. Technical Offense and Defensive Training,
- d. Timing, Distance, Speed Drills,
- e. Understanding the Universal Methods of Fighting Styles.



**This is an indepth 3 hour Seminar/Workshop Friday
Aug. 7th, 3-6pm Being held at the Long Beach Convention
Center room 203**

Also Learn and Understand the rules for this Action-Packed Championship Sport
Kickboxing event here at the Prestigious Long Beach International Martial Arts
Festival and Competition during this special Seminar/Workshop.

Cost \$40.00 by June 1, \$50.00 by July 1st, \$65.00 At the door



FOR MORE INFORMATION
WWW.LONGBEACHIKC.COM

