

November BEMA Seminar with Kaicho Howard
February 18- 20, 2011
Des Moines United Methodist Church
22225-9th Ave So, Des Moines WA



BEMA
*(Boeing Employees
 Martial Arts)*

KOKONDO

Discover Authentic Martial Arts



- Instructor's Class on **Sunday** morning
- Need kyus to attend – no extra charge

- Disarming
- Street clothes last session on Saturday

“Infinity to Zero in Kokondo Self Defense”
 “Learn how every attack limits the attacker”

Be Ready for a Super Weekend!!

Learn to Be the Most Effective
 Kokondo-ka You Can Be

Prices

Kyus:

Fri session or	
Sat 1 st session	\$30
Fri/Sat (2 sessions)	\$50
Fri/Sat (2+ sessions)	\$65
Black belts	\$85

Fri/Sat – All kyus & dans

Friday Schedule

6:00 – 9:00 PM

Saturday Schedule

- Session 1:
 10:00AM – 1:00PM
- Session 2:
 1:45 PM – 4:30PM
- Session 3:
 5:00 PM -7:30PM

Sunday Schedule

10:00 AM – 12:00 PM Kyus/Dans
 12:30 – 4:00 PM Black Belts only

Water & sandwiches for lunch to be provided for out-of-town attendees