

1st Scandinavian seminar

with

Dr. Gunnar Siebert

Chief-Instructor AEK and Full-Contact World Champion



When: Saturday, 13.09.2014
10:00 – 15:00 (incl. lunch break)

and Sunday, 14.09.2014
10:00 – 14:30 (incl. short break)

Where: Lilleakerveien 8
0283 Oslo

Costs: 500,- NOK (65 €) one day
800,- NOK (100 €) both days

ARNIS NORWAY
ESCRIMA KALI



CUM BACULO
ET FERRO

PHILIPPINE COMBAT ARNIS & GSYIAM KALI

from fundamentals
to
fighting applications

- armed & unarmed techniques
 - blunt, edged and improvised weapons
 - attacks, blocks and disarms
 - principles and practical usage
- ...for beginners and advanced levels

Each participant will have the opportunity for one-to-one training with Gunnar Siebert, including personal feedback

Bring with you:

- 2 sticks
- Training-knife
- Towel/rope/belt, pen
- Machetes

Registration: (until 05.09.2014)

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reference: "Seminar 2014 +name"