

SPECIAL SEMINAR W/

PUNONG GURO LAURA HOLMES



MAY '10 AND '11

FRIDAY

5:00 – 5:45 pm

All Level Kids

Single stick

6:00 – 8:00 pm

Adults & Teens

Single & Dbl Sticks

SATURDAY

9:30 – 11:00 am

All Level Kids

Padded Stick Sparring
Stick & Dagger

11:30 – 1:30 pm

Adults & Teens

(Lunch break)

Adults & Teens

Rope Techniques

3:00 - 5:00 pm

FEES: KIDS \$15 - 1 DAY, \$20 - 2 DAYS
ADULTS: \$25 - 1 DAY (FRI), \$50 (SAT), BOTH DAYS - \$65

Punong Guro Holmes has been training and teaching in the Filipino martial art of Arnis/Kali/Escrima for over 20 years. She heads up and runs her own school in Toronto, Canada – Combat Science – Warrior Arts of Asia.

Holmes has been certified through various Grandmasters in the Philippines specializing in Impact & Edged Weapons, and is trained in various aspects of hand to hand combat. Certification under the Grandmasters included various styles of Arnis taught only in the Philippines. She holds several World titles in Full Contact Stickfighting and continues to train her students for competition.