



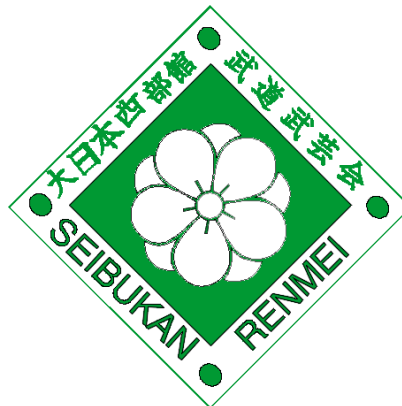
American Ju-Jitsu Association and the Dai-Nippon Seibukan Budo/Bugei-kai U.S.A.

Northern Regional Self-Defense Shiai and Workshop at Towson YMCA
Contact Paul Klara, pcklara@verizon.net
[410-979-7768](tel:410-979-7768)

July 24th, 2016, Towson, MD

Weapons Seminar in Jo Staff, (bring a Jo Staff, 4 foot long stick)

Towson, Orakowa YMCA at 600 West Chesapeake Ave. Towson, MD



8:00 A.M. Registration at the YMCA on 07/24/2016

Cost Adults \$50.00, Youth 17 and under \$35.00

Discount for families.

Adult & Youth Competition Divisions.

MASTER SEIBUKAN INSTRUCTORS:

G.R. Parulski (Aiki-JuJitsu), William Stockey, (Karate), and Bruce Jones (Jo Staff)
with

Will Harris (JuJitsu and Chin Na) and Tony Maynard (Combat JuJitsu)

Jo is 4ft by 1-1.25 inches, some Jo Staffs will be available.

THE AMERICAN JU-JITSU ASSOCIATION
In Cooperation with the Dai-Nippon Seibukan
Budo/Bugei-Kai (Kiyoto, Japan)
Annual Clinic and Tournament of Self Defense Kata
SUNDAY, July 24, 2016, 8:00 AM to 5:00 PM
Towson YMCA 600 W. Chesapeake Avenue, Towson, Maryland

Seminars in the morning followed by competition in the afternoon.
Competition restricted to Self-Defense Kata (*no free fighting*).

Planned Schedule of Events (Subject to Change)

8:00 AM – 8:30 AM - Registration

Instruction Schedule

<u>Time</u>	<u>Instructor</u>	<u>Martial Art</u>
8:30 – 8:45	Bow in and warm up	
8:45 – 9:30	Will Harris	Budoshin JuJitsu
9:30 – 10:15	Bill Stockey	Karate
10:15 – 10:30	Break	
10:30 – 11:15	Tony Maynard	Combat JuJitsu
11:15 – 12:00	George Parulski	Aiki-JuJitsu
12:00 – 1:00	Lunch Break	(Bring your own Lunch)
1:00 – 1:45	Bruce Jones	Jo Staff
1:45 – 2:00	Break	
2:00 – 4:30	WAZA Competition	
4:30 – 5:00	Awards & Bow-Out	