

3 FIRES MARTIAL ARTS ACADEMY

Present

Taijiboxer's Seminar on the Nan Dao Sword Form



This is a sword form that combines elements from both Chinese sword forms and Korean sword play. It is a practical form with real Combat application techniques. And is both aesthetically pleasing and invigorating to perform. It can be used for both performance, and Practical demonstrations or simply as a good exercise in weapons training.

TAJIBOXING

Weapons and Applications Seminar Series

TAJIBOXER'S THE ART OF EFFECTIVE KICKING"

This workshop combines various style of both defensive and offensive kicks!



This allows each practitioner to enhance their own kicking styles for both practical self defense situations. and competition style events and performances.

Sifu Dennis Pounall has a great variety of experience in Korean, Japanese, Chinese ,and Indonesian style,kicking techniques and will guide each participant to develop their own unique approach to the application of effective kicking.!!

Please Contact:Sensei francesca morabito

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