

# **MOO SUL KWAN AMA MARTIAL ARTS CONVENTION**

**MARCH 10-11-12**

**2023**

**STUDENT REC CENTER SEMO UNIVERSITY**

**FRIDAY CLASSES:** Black belts only 6:00 p.m. – 8:00p.m.

Techniques taught will include: Striking..Locks..Form..Off balance

**SATURDAY CLASSES:** Circuit training Five stations

30 minutes each station 9:00a.m. – 12:00p.m.

Techniques taught will include: Striking.. Throwing..Holds..Chokes

Classes 1:00p.m. – 2:00p.m. and 2:00 -3:00 based on age and rank

## **SUNDAY EVENTS**

TOURNAMENT BEGINNING 9:00 A.M.

MOO SUL KWAN SAYS COMPETITION

PRICE FOR CONVENTION: \$65:00

FOR FURTHER INFORMATION CONTACT:

DOUG JOHNSON 573 225 7862

