



SENSEI ELISA AU & S ENSEI JOHN FONSECA PRESENT

"The Road To Nationals II"



Instructors Sensei Elisa Au & Sensei John Fonseca

What Kata, Kumite, & Kobudo Instruction
Technical Instruction
Strength & Conditioning
Speed & Agility Drills
Ring Tactics and Sparring Strategies
Footwork, Distancing, Timing Drills
Sweeps & Takedowns
How to achieve "Peak Performance"

When Saturdays 1:30 -3 PM

Dates May 19, 26, June 2, 16, 23
*June 2 class will be held 11:30 – 1pm
**No class June 9

Where Elite Martial Arts
4003 Golf Rd Skokie, IL 60076

Cost \$169 (2nd family member 20% discount)
Pre-register by May 5th and save \$20

Method of Payment (please check one)

☐ CASH ☐ CHECK ☐ CREDIT CARD [Visa/Discover/Mastercard/AmEx/Other]

Card Number _____

Expiration date _____

Signature _____