

# NEW at FMA WEAPONS CLASS



Fridays, 4:30 – 5:30pm  
All ages and levels welcome  
\$79 for 8-week session

## Session 1 – Bo (staff)

- Bo basics
- Bo-no-kihon-kata – basic beginner's bo kata
- Syu-shi-no-kon-sho – 1<sup>st</sup> kata in bo series
- Dates:
  - January 26
  - February 2, 16, 23 (no class on the 9<sup>th</sup>)
  - March 2, 9, 16, 23

Class size is limited. Sign-up early at the front desk.

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Name: \_\_\_\_\_

- ☐ I already have a wooden bo
- ☐ I need to purchase a wooden bo for \$15

Height: \_\_\_\_\_