SELF-DEFENSE & MMA SEMINAR

Men, Women and Kids

JULY 14, 2011

Time: 6pm-9pm
Located: Apple Athletic Club (GYM)
2030 Jennie Lee Drive
Idaho Falls, Idaho. 83404

208-346-0667 or 208-529-8600
Ask for Master Jeremy Hebard

Cost: $10.00 Non-Members
(Includes a 7 Day Pass to Apple Athletic Club)

All Apple Athletic Club Members are Free

About the Instructors

Grandmaster Robert Edwards, 8th Degree Black Belt Isshinryu Karate.

Legendary International Point Karate Champion "The Janitor"- meaning he cleaned up the ring with his competitor, Weapons Expert and Kata.

Master Jeremy Hebard, 5th Degree Black Belt Taekwon-do.

4 Time Hyung (forms) Grand Champion, Kim's Taekwon-do Seoul, Korea Tour Demo Team 2006, State Champion Wrestler, Self-Defense Expert.

Sensei Anthony v. Sager, 4th Degree Black Belt Karate, Jiu-jitsu, and Tai Chi

World Martial Arts Champion, Self Defense, Weapon, Kata, 3rd Point Fighting, (The 1st full contact Handicapped Fighter in the world).

The ultimate philosophy and purpose of learning any martial art is to develop a person with perfect character, mental & physical condition.

www.getfit4yourlife.com / www.appleathleticclub.com

Find us on Face Book Kim's Taekwondo, Idaho Falls