

Self-Defense Seminar

Grandmaster Leon Jay Seminar

May 11th

Self Defense Seminar and Small Circle Jujitsu

11:00 a.m. – 4:30 p.m.

\$85 pre-register / \$100 at the door

**KNOWLEDGE OF
MARTIAL ARTS
NOT REQUIRED**

Minimum age requirement 12



Grandmaster Leon Jay has been training in martial arts since 1968. He is a recognized expert in self defense and grappling. He is accomplished in teaching how to gain immediate control of individuals in an altercation.

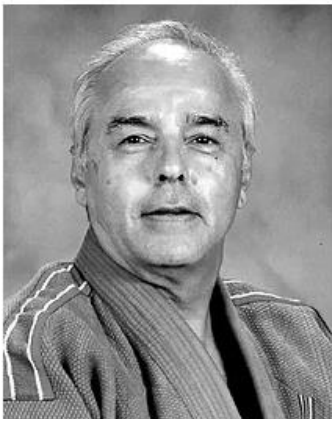
Space is limited for the Seminar!

At Ryukyu Academy Commerce

3275 Martin Road Suite 125, Commerce Township 48390

To register: email Senseibrincat@gmail.com OR GO TO:

www.Ryukyuacademy.com, Calendar, Leon Jay Adult Seminar



May 9 and May 10 Seminars

Sensei Quinonez is a 4th Degree Black Belt in Judo
And a 7th Degree Black Belt Small Circle Jujitsu.

He is a 2 time All American, he placed first in the California Masters Championship and placed 1st in the 2001, 2003 and 2004 United States Senior National Championships, Masters Division.

David Quinonez

Thursday May 9th, 7:00 – 9:00 Pm Break-Fall Seminar:

Safe Methods to Fall

Falling Forward

Falling Backwards

Falling and Rolling

Friday May 10th, 7:00 – 9:00 Pm Judo Seminar:

Safe Methods of Throwing

How to execute Throws and Defend

IPPON SEOE NAGE Throw (Novice Level)

OGOSHI & TAI OTOSHI Throws (Novice)

May 9, 10 & 11 Seminar Pricing

Thursday May 9th, 7:00 – 9:00 Pm
Break-Fall Seminar:

Thursday
\$30

Friday May 10th, 7:00 – 9:00 Pm
Judo Seminar:

Friday
\$40

Attend Thursday & Friday seminars for \$50

Thurs & Friday
\$50

Saturday May 11th, 11:00 – 4:30 Pm
Small Circle Seminar:

Saturday
\$85

Attend May 9, 10, & 11 seminars for \$115

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Thurs & Friday
\$115