

# THE TULSA ARNIS CLUB ANNOUNCES TWO DAYS OF TRAINING IN THE ROYAL ARTS OF INDONESIA, CHINA, AND THE PHILIPPINES

Come join us as the Ancient Knowledge of the Masters will be Revealed.

## **SATURDAY JUNE 20, 2009 INDONESIAN TAI CHI AND CHI GUNG WITH MASTER JOE SALOMONE**

Learn the ancient art of Tai Chi movement and applications; Inner and outer strength exercises. Additional topics will include: Life Science - order, principles, and balance; the Science of Breath, and Traditional Healing Techniques of the Orient.

**THE ULTIMATE SELF DEFENSE  
IS HEALTH DEFENSE**

All ages are welcome.



## **SUNDAY, JUNE 21, 2009 THE ART AND SCIENCE OF SELF DEFENSE WITH DR ED JACKSON AND MASTER JOE SALOMONE**

Topics will include: the Internal Arts of the Indonesian Archipelago; The Royal Systems of Gung Fu and Silat of Indonesia and China; and the Martial Arts of the Philippines.

Classes are open to the public and martial artist of all styles



Seminar Cost is \$65 for One Day, or Both Days for \$100

Class will begin promptly at 9:00 am each day

**CLASSES WILL BE HELD AT  
TULSA MARTIAL ARTS  
5123 SOUTH 110<sup>TH</sup> EAST AVE  
(Just south of Garden Ridge)**

For Additional Information About the Seminars or the Instructors

Please visit

[www.tulsaarnis.com](http://www.tulsaarnis.com)

Contact the Tulsa Arnis Club at 918-261-0160 or [info@tulsaarnis.com](mailto:info@tulsaarnis.com)

