

## Fresno Kenpo Karate

Bo Staff Seminar instructed by Mr. Perez

When: Saturday, September 9th, 2023

Where: At the karate school

Time: 1:00pm-2:30pm 10 years & under  
2:30-4:30 11 years and older



\$15 for basic-white tops, \$10 for Leadership- blue tops

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We will be having a Bo Staff seminar! We will be teaching Tournament Staff Form To ranks under brown belt and Staff Form 1 to Brown belts and above.

The Bo staff is a versatile weapon, and has very powerful striking elements. Students will learn how to handle the weapon, and how to strike with it.

Any student who participates in the Staff seminar will receive a staff patch To wear on their uniform. Bo staffs cost anywhere from \$20 on up. If you need To purchase one, please contact Mrs. Williams @ 559-433-7148 (we can also loan you One for the seminar, but we have a limited supply. Just let us know 😊)

There will be a signup list at the front desk. Space is limited, so RSVP your spot!

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Professor Williams has an opportunity to teach in Rome, Italy! This is a fundraiser for Professor and the students to get some extra time with your instructors and learn a new Weapons form that works toward your Black Belt!