

# A Must for any SERIOUS

## Martial Artist

### and KAJUKENBO Stylist

with Grand Masters

**Dai Sifu Mike Young, Sifu Al Dela Cruz and  
Sifu Al Dacascos**

#### LEVEL TWO SEMINAR

**Continuous Education program designed to  
enhance and develop winning techniques and  
attitude that will empower you for life...**

*Use of Blunt and Edged weapons and retention.*

*Ground defense and grappling attacks*

*Single vs. Multiple Attack strategies*

*Drills to develop Speed, Explosion & Buzzsaw*

*Proper body alignment for maximum power*

*Pressure points for quick control and knockout*

*Use of Chinese Herbs and healing methods*

*Correct frontal, back roll out and recovery*

*Discussion and awareness on Anti-terrorist*

*Overcoming and recognizing fear factors*

*Kajukenbo History and Martial Art Facts*

*25 Technical fighting principles*

**Hours of pure learning  
where action speaks louder  
than words and experience  
makes the difference.**



**Register Now... Space is limited!**

**January, 27, 2008 Sunday, 10AM to 4PM**

**Kam Housing Community Hall**

across from Farrington High School on King Street.

For more information call Al Dela Cruz at 255-8892 or Al Dacascos at 392-4187