

Rising Sun Ju Jitsu and the Southern York County YMCA
5th Annual Multi-Discipline Martial Arts Seminar
March 27th 2010
9:00am – until we drop (5pm-ish)



Tentative list Martial Arts to be taught (Tentative as of 1/15/2010):

Aiki-Jitsu

Sambo

Grappling (with gi)

Gun and Knife Defense

Muay Thai Kickboxing

Judo

Capoeira

Weapons (Stick fighting or other)

Above is a partial list of arts taught in previous years. We are still forming this year's roster of arts. If your school or art would like to teach and showcase your art, please call us, we may have time available.

Lunch will be “on your own” at any nearby place. The YMCA now has a “food court” that has a limited menu. The Seminar will provide water and fruit and or bagels in the morning. There is a nearby Pizza Hut, Chick-Fil-A, Arby's, McDonalds, and a couple sandwich shops. There is a Subway sandwich shop next to the YMCA.

FIND US ON FACEBOOK – RISING SUN JUJITSU

Registration:

Pre-registration fee - \$40.00 – mail to Southern Branch YMCA 100 Constitution Ave. Shrewsbury, PA 17361. Or call the Southern YMCA at 717-235-0446. You may fax the registration to the YMCA at 717-227-9005.

Door - \$50.00

Further contact: Debbie Burk 717-993-6745 dbrisingsun@yahoo.com or Mike Balog at skidsel@yahoo.com or call 443-255-7806.

(The last couple years many went to the local Japanese Steakhouse after the seminar – at the beginning of the seminar let us know if you will join us).

Pre-registration:

Mail this form with payment to: OR FAX (BELOW)

Southern York YMCA

100 Constitution Ave

Shrewsbury, PA 17361

YMCA phone # 717-235-0446

Contact Information:

Full name: _____ Phone: _____

Mailing Address _____

Email _____

Fax Registration to the YMCA at 717-227-9005

Type _____ Visa _____ MasterCard _____

Credit Card # _____

Name on Credit Card _____

Expiration Date _____

Phone # _____

