

ANYTIME FITNESS. MUAY THAI PRESENTS

Kun Tao Silat Seminar

with GURU Matthew Cohen

Saturday & Sunday, April 7 & 8, 2012 { 9:30 to Noon & 1pm to 3:30pm



This course introduces the student to fundamentals of Kuntao Silat, a reality based CQC system. Designed specifically for those in security, VIP protection, law enforcement, military, martial artists, or anyone in CQC situations.

Morning Sessions (Sat & Sun):

9:30 to Noon - Kuntao Silat/Self Defense

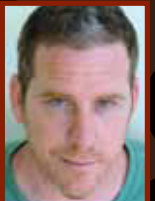
Afternoon Sessions (Sat & Sun):

1pm to 3:30pm - Doormen/Protection/Law Enf.

FEES: \$75 per session or \$125 per day / \$225 for both days

Hurry! Only 25 Training slots available!

Guru Cohen began studying martial arts since 1977. Matthew is a Guru and senior practitioner in Kuntao Silat deThouars, directly from Grand Master/Founder Willem deThuoars. Matthew holds a 5th degree black belt in Tai Mantis Gung Fu (Shaolin and Praying Mantis Gung Fu) in the lineage of Grand Master Kam Yuen. Matthew has also been practicing Tai Chi Chuan for over 20 yrs under Don Miller.



COURSE OBJECTIVES:

SAFETY

Tactical mindset

Stance and footwork

Counter against:

Jab · cross · straight · hook · takedown · grab · round kick

Leg traps

Kinjit (takedown)

Gunting/compound striking

Compliance techniques and finishes

Priority targets

COURSE REQUIREMENTS:

Pen/paper

Water

Towel

Athletic/workout gear

Groin protection

Mouth guard (optional)

Eye protection (optional)

Training blade (wood or hard plastic)

CAMERAS/CAMERA PHONES OR
VIDEOTAPING IS STRICTLY PROHIBITED

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