

One Martial Arts Presents

Senior Grandmaster RICK ALEMANY

April 13th - 17th, 2011

Private Lessons with a martial arts legend.

Tiger's Gratitude a seminar of innovative & practical self-defense techniques.

Dinner hosted by Senior Grandmaster Alemany.

Group Workout featuring conditioning, drills, sweating & fun!

Open to everyone of all levels & styles.



(cut here)

Name _____ Phone _____
Address _____ City _____
Zip code _____ Email _____

Private Lessons \$69 (30 min.) ___ \$129 (1 hour) ___ April 13th - 17th
Call (415)731-9988 to reserve time.

Seminar \$109 ___
Saturday, April 16th 2pm - 5pm

Dinner \$19 x (number of people attending) ___
Saturday, April 16th 5:30pm - 7:30pm

Group Class Workout \$69 ___
Sunday, April 17th 10:30am - 12:30pm

TOTAL: _____

BOOK ALL 4 EVENTS and SAVE 10% OFF.

Please reserve your space with payment by 4/1/11. Checks & credit cards welcomed.

No refunds. No exceptions. **Make checks payable to Rick Alemany.**

Mail to: 850 Taraval St. San Francisco, Ca. 94116 or call (415)731-9988 with credit card info.

Visit us at: www.onemartialarts.com www.alemanykenpokarate.com