

Senior Grandmaster RICK ALEMANY



October 13th - 17th, 2010

Private Lessons with a martial arts legend.

Tiger Commands a seminar of innovative & practical self-defense techniques.

Dinner hosted by Senior Grandmaster Alemany.

Group Class Workout featuring conditioning, single technique drills, sweating & fun! Open to everyone.



Simo Margaret Alemany, senior grandmaster's wife, was recently diagnosed with cancer. This entire visit, especially the dinner, has now been changed to a fundraiser to help them during this challenging time. Please feel free to donate any amount above the fees listed below as desired. Senior Grandmaster and Simo Margaret humbly thank you for your love and support.

(cut here)

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

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

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

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

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

TOTAL: _____

BOOK ALL 4 EVENTS and SAVE 10% OFF.

Please reserve your space with payment by 10/1/10. 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.