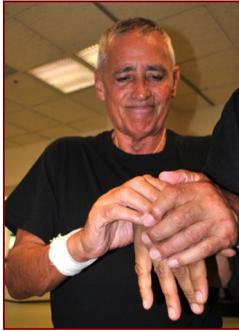


**S**enior Grandmaster Rick Alemany makes his first visit to San Francisco for 2011. He brings his genuine smile and martial arts expertise to One Martial Arts in San Francisco for private lessons; a new seminar "Tiger's Gratitude"; a dinner hosted by Senior Grandmaster Alemany himself; and a Sunday group workout.



Longtime friends, black belts and students of all levels, styles and ages are welcomed to learn from one of the great martial arts living legends. As always, it promises to be a memorable experience that should not be missed by any martial artist. Discounted packages are available. Reservations book up fast, so please call today.



Senior Grandmaster Rick Alemany thanks you humbly in advance for your continued love and support.

**One Martial Arts**  
85o Taraval St.  
San Francisco, CA 94116

# Senior Grandmaster Rick Alemany



**April 13th - 17th, 2011**

**One Martial Arts**  
85o Taraval St.  
San Francisco, CA 94116  
(415)731-9988  
[www.onemartialarts.com](http://www.onemartialarts.com)  
[www.alemanykenpokarate.com](http://www.alemanykenpokarate.com)

**S**enior Grandmaster Rick Alemany began his training in 1962 with his primary instructor Great Grandmaster Ralph Castro. He quickly became a skilled fighter, establishing himself as a champion on the tournament circuit for the next three decades. He has earned high rankings in Kenpo Karate, Jujitsu, and Arnis. His expertise further includes instruction in Jujitsu with Dr. Duke Moore, Wing Chun with Chris Chan, Modern Arnis with Grandmaster Remy Presas and Grandmaster Ernesto Presas, Tai chi with Great Grandmaster Tony Ho, Shorin-Ryu with Richard Kim, and Kajukenbo with Brother Abe Kamahoahoa and Grand Master Sid Asuncion.

Senior Grandmaster Alemany has been featured in magazines, newspaper articles, TV commercials, and films such as "Killer Elite" starring James Caan. He has won numerous titles and trophies in tournament



competition. Senior Grandmaster Alemany made a comeback to the tournament circuit at the age of 42. His goal was to win Grand Champion one more time. At his first tournament back he achieved

his goal, winning first place and Grand Champion at the 16th Annual Central California Karate Championships. He won three more Grand Championships, eleven first places, and a third place before finally retiring for good.



### Private Lessons

\$69 (30 min.) \$129 (1 hour)

**April 13th, 14th, 15th** 10am - 8pm

**April 16th** 8am - 1pm

### Tiger's Gratitude \$109

**Saturday, April 16th** 2pm - 5pm

A Seminar of NEW & innovative self defense and sparring techniques plus a custom certificate & picture w/ Senior Grandmaster Alemany

### Dinner \$19

**Saturday, April 16th** 5:30pm - 7:30pm

Hosted by Senior Grandmaster Alemany

### Group Workout \$69

**Sunday, April 17th** 10:30am - 12:30pm

featuring conditioning, drills, sweating & fun!

**Open to everyone of all levels and styles.**

Please reserve your space with payment by 4/1/11.

Checks & credit cards welcomed.

Discounted packages are available.

**No refunds. No exceptions.**

Senior Grandmaster Alemany has produced over one hundred and eighty Black Belts. Thirty four of them have gone on to open their own schools. Collectively, his black belts have trained and promoted close to five hundred Black Belts.

Mayor Willie Brown proclaimed August 2nd "Rick Alemany Day" in San Francisco in honor of his legendary status as a competitor and Martial Arts teacher. Senior Grandmaster Alemany is a co-founder and past president of the American Teachers Association of the Martial Arts. He is a Senior Technical Advisor for Kenpo Jujitsu International.

Senior Grandmaster Alemany's philosophy is that the martial arts can benefit everyone, both spiritually and physically. His commitment is to teach his students to believe in themselves, and that as long as they never give up they can accomplish and be successful at anything they do.



Senior Grandmaster Rick Alemany's dedication to teaching effective competition, self-defense tactics and reality based training makes him a highly sought after martial arts instructor. He lives in Hawaii, together with his wife Simo Margaret Alemany, where you can still find him doing what he loves most, teaching. Students and instructors come from all over to enjoy his smile and sincere belief in the martial arts training.