

Proudly Presenting a Training Day With

SENSEI JAY HUBERT

Close Quarter Martial Arts Club



COMAC

Sponsored by 158 Fisher RCACS Parent Committee

Saturday, June 7, 2014

10:00am to 4:00pm

Poplarfield Community Center

“During this class students will be introduced to the Martial Arts specifically in the Arts of Jiu-Jitsu and Karate. Their similarities and differences will be examined and how they can be used together in conjunction with offence and defensive tactics.

Students will have the opportunity to work in groups and individually on techniques as well as have a good warm up and cool down before and after the seminar.

Other aspects that will be introduced are bully proofing, stranger danger, and ways of calming the mind that will be used in helping to focus the mind, body and spirit.”

Sensei Jay Hubert

Cadets are required to come with a positive attitude!

Wear comfortable sports attire and runners – no shorts, tank tops, or sandals allowed!

Please bring a sports bottle for water and a personal hand towel.

Lunch will be provided.

Please Contact OCdt Lorraine Barteski with any questions.

(204)280-0265