

**Date: November 10, 2007
Time: 9:00 AM to 4:00PM**

Hosted By:

Axe Taekwon-Do

The intent of this seminar is to have a working knowledge of how to perform and teach: HSS warm up exercises, break fall techniques for escapes and safety, basic throws (seven different throws), foot sweeps, wrist locks, chokes (five different types of chokes), and arm bars. **"Stay Alert - Stay Alive"**: Sa-Bumnim Hannon, Senior Self-Defense Instructor for the United States Taekwon-Do Federation, will instruct the course.

Cost: \$65.00 Retake: \$45.00

Basic Ho Sin Sul Course

Pre-Register By October 10, 2007

For information call:

**AXE Taekwon-Do
Offutt Air Force Base Youth
Center, NE (BLDG 5085)**

**POC: Mr. Todd
(402)293-2610
USTFNEB@COX.NET**

Wear an Old Uniform

Bring a Sack Lunch &

A Great Attitude!