

American Karate System /AKS Martial Arts Seminar

(Invitation Only)

Saturday April 18, 2015

11:00 am to 2:00 pm

Start High School / Next to YMCA

2010 Tremainsville Rd.

Toledo, Ohio 43613

Gain Exposure to Techniques and Concepts Taught by Experienced Martial Artists

Instructors:

Anthony Zimkowski 6th Degree Judo / JuJitsu

Tom Nehring 6th Dan Kempo

Mike Mulvaney 2nd Dan Judo
 1st Dan Aikido

10:00 - 11:00..... Registration

11:00 - 2:00..... 3 / 1-hour rotating training sessions

**First Response and Follow Through Techniques
To Thrust Attacks (standing / sitting / kneeling);
Basic Hold Downs With Terminal Outcomes
Anthony Zimkowski**

**The Power of Kempo / Exploring the Many and
Varied “Pathways To Power”
Tom Nehring**

**Self-Defense Situations Incorporating
Wrist lock / Arm Lock / Choke Applications
Mike Mulvaney**

2:00 - 5:00.....AKS training session (AKS members only)

14 years of age or older / intermediate & advanced belts

- **No admission fee but donations are welcomed**
- **Questions / Inquiries....Rand Palmer 419-350-8998**