

American Karate System /AKS Martial Arts Seminar

(Invitation Only)

Saturday May 11, 2013
11:00 pm to 2:00 pm
West Toledo YMCA Gym
2110 Tremainsville Rd.
Toledo, Ohio 43613

Gain Exposure to Techniques and Concepts Taught by Experienced Martial Artists

Instructors:

Anthony Zimkowski 6th Degree Judo / JuJitsu

Mark Kohn 1st Degree American Freestyle Karate
Level 5 Brown Belt Krav Maga
Avid Practitioner FMA (Filipino Martial Arts) Panantukan

Justin Kruczkowski Asst. Varsity Wrestling Coach Toledo St. Francis DeSales H.S.
Asst. Coach "Beat the Streets" Wrestling Program
Former Member Div. II University of Findlay Wrestling Team

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

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

**Clinches, Armlocks and Chokes..."oh my!"
Anthony Zimkowski**

**Philosophy, Basic Techniques and Self-Defense
Applications of Krav Maga
Mark Kohn**

**Wrestling Basics / Techniques and Application to
Martial Arts Training and Self-Defense
Justin Kruczkowski**

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

**14 years of age or older / intermediate & advanced belts
Cost at the door.....\$10.00
AKS members.....no charge (donations welcomed)**

*** Questions / Inquiries....Rand Palmer 419-350-8998**