

Self Defense Workshop

Sunday, April 14 ~ 12:30-2:30 pm
With Ronnie Milton



This workshop will benefit men & women with security, reassurance, confidence, awareness, physical & mental strength.

The style Ronnie will teach is "Finding the Path of Least Resistance," focusing first on avoiding or preventing any violent situation. But if it cannot be prevented, then the mind, body, & skills of the practitioner must be trained to get the most benefit with the least amount of effort.

Registration:

\$48 regular registration, \$38 early bird (by March 31)

Ronnie started his martial arts career in 1999 in San Francisco with West Wind Kung fu. One year later he started traditional Wushu Kung fu, Baguazhang & Yang style tai chi chaun under the tutelage of Grandmaster Maing Yul Jung. After 2 years of training 6 days a week, Ronnie gained his first degree black belt. That year he also placed 2nd in overall forms in the wushu federation incorporated tournament. In 2003 Ronnie achieved his 2nd degree black belt, & placed 1st in overall forms at the Wushu kung fu federation inc. tournament. He also placed 2nd in Sanda full contact fighting. In 2004 Ronnie started training the yoga art of dahnhak under the tutelage of Master Ha Young-Kim. One year later he became an instructor, & then later that year became a Sabu-nim. In 2007 he began his training in Chen style tai chi with Dr. Xu from the lineage of Chen Zhao Kuai. He continues his Chen style tai chi training with Dr. Xu & his senior student Professor Marafa Enzor.



Registration – Self Defense Workshop 4/14/13

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I also understand that my registration payment is non-refundable and non-transferrable. By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature



17226 Mercury, Suite 108 • Houston, TX 77058
281-282-9400 • www.yogarasa.net