



The Seni workshops are free of charge to participate in. They are practical sessions so it is advisable to bring loose trackwear or your martial arts attire to train in. You can either reserve your place in advance on the sessions below by calling Way of the Spiritual Warrior on **02476 331239** or simply come along on the day.

Saturday 29th May 2010

Time	Instructor	Subject
11am	Joe Carslake	Aiki Ju Jutsu
12pm	Krishna Godhania	Sayoc Kali
1pm	Mick Coup	Core Combatives
2pm	Tommy Caruthers	JKD
3pm	Trevor Roberts	Street Defence
4pm	Anthony Pillage	Pressure Points
5pm	Shifu Shi Yanzhi	Shaolin Temple - Qi Gong

Sunday 30th May 2010

Time	Instructor	Subject
11am	Al Peasland & Mick Tully	CSP Complete Self Protection
12pm	Gavin Mullholland & Dennis Jones	Kata Tensho for the street
1pm	Matt Tucker	Dog Brothers UK
2pm	Eddie Quinn	The Approach
3pm	Stewart McGill	Krav Maga
4pm	GM Danny Gubba	Defence against the knife
5pm	Sifu Brian Desir	Wing Chun

Workshops are free to all Seni visitors. Buy your Seni tickets online at www.SENI.tv

Please arrive 15 minutes before session is due to commence

