

COMPETITIVE EDGE SEMINAR

February 28th 1:00pm – 3:00pm
at Kickside Martial Arts of Hillsborough
(378 South Branch Road, Building 1, Suite 4, Hillsborough, NJ)

Cost \$60 per person

TAUGHT BY:

Mrs. Roxanne Chmielewski, 4th Dan
(Martial Arts Hall of Fame and Rated #1 Nationally for Creative Forms)

WHAT WILL BE TAUGHT:

Tournament Style forms: This seminar will take the form you currently know and give you the knowledge to convert it to become a form the judges will throw big scores at.

Creative Style Forms: In Open Tournaments there is a division called “Creative” this allows the competitor to take some creative freedom with his/her form and have a chance to really show off your stuff.

Judges Presentation: At National and International tournaments most events require the presentation of the competitor to the judges. This is a big part of the scoring process for the competitor.

Advanced Kicking Drills: The building blocks to make it into the Extreme divisions are advanced kicking! All participants will learn some of the building blocks to exciting kicks such as the 540 kick and 360 kicks.

**Space is limited to 20 people, your participation will be based on a first come first serve basis.

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COMPETITIVE EDGE SEMINAR PARTICIPANT INFORMATION

NAME: _____

DATE: _____

PHONE NUMBER: _____

PMT DATE: _____

RANK: _____

PMT METHOD: _____

ACADEMY: _____

APPROVED BY: _____

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