



American Ju-Jitsu Association  
and the Dai-Nippon Seibukan  
Budo/Bugei-kai U.S.A.

Northern Regional Self-Defense Shiai and Workshop at Towson YMCA  
Contact Paul Klara, [pcklara@verizon.net](mailto:pcklara@verizon.net)

July 24<sup>th</sup>, 2016, Towson, MD

Weapons Seminar in Jo Staff, (bring a Jo Staff, 4 foot long stick)

Towson, Orakowa YMCA at 600 West Chesapeake Ave. Towson, MD



8:00 A.M. Registration at the YMCA on 07/24/2016

Cost Adults \$50.00, Youth 17 and under \$35.00

Discount for families.

Adult & Youth Competition Divisions.

MASTER SEIBUKAN INSTRUCTORS:

G.R. Parulski (Aiki-JuJitsu), William Stockey, (Karate), and Bruce Jones (Jo Staff)

with

Will Harris (JuJitsu and Chin Na) and Tony Maynard (Combat JuJitsu)

Jo is 4ft by 1-1.25 inches, some Jo Staffs will be available.