



Panantukan Seminar

“Filipino Boxing” with Guro Josh Prior

“Panantukan” is the Filipino Boxing system. This method is traditionally used as a backup system for weaponry. In this seminar you will see Panantukan featured as the primary system. Panantukan uses all possible portions of the hand and fist as well as the elbows, shoulders, hips, knees and feet for striking.

Many people want to learn this empty hand system for self-defense, better health, and skill development. In this seminar, Josh will guide you through each of those benefits. Panantukan’s self-defense applications will be easily apparent and you will also feel the health benefits from the training. We will use focus mitts to get a great workout, relieve stress, and in the process get a deeper understanding of the art.

All of that *and* it will be FUN, too!

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■ **Sat., March 22, 2014 1-5pm** (ages 10 to adult)

Advance registration at the studio – \$40
(day of event \$50)

■ **Josh Prior, lead instructor**

Joshua Prior is a passionate martial artist and instructor with a diverse background of experience. He is also the owner/head instructor of the Madison branch of Minnesota Kali Group International. Josh has trained with — and holds certifications under — some of the best martial artists of our era, including an Apprentice Instructorship under Guro Dan Inosanto in Jun Fan/JKD and Kali-Silat and a Level 1 instructorship under Guro Rick Faye of the world renowned Minnesota Kali Group.



Proudly presented by MPK with MKG Int'l Martial Arts Madison