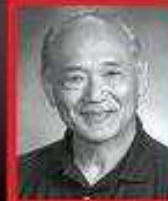




The Koga Institute

"No Give Up"



1 Day Training Seminar

San Jose Scottish Rite Temple

2500 Masonic Dr.
San Jose, CA. 95125

Sunday - February 26, 2017 - 1 to 5PM

Instructor: **Robert Mendiola**, Senior Koga Instructor

SD-1 (Self Defense - 1) Techniques



SD-1



SD-2

Includes:

- * Proper Grip
- * Target Areas
- * Defenses Against Right & Left Punches
- * Front & Rear Bear Hugs
- * Escapes From:
 - Front & Rear Chokes -Standing
 - Rear Choke - Seated
 - Front Chokes - On Your Back
 - Arm Grabs

The SD-1 & SD-2 are useful weapons made of nylon and can be used as an impact weapon and as a tool for added pressure on sensitive nerve points. The basic concepts and principles are based upon the ancient fighting art of Yawara.

This will be a no nonsense physically demanding training course. Students should wear loose fitting workout type clothing. Equipment needed: hand-cuffs, handcuff key, paper & pen/pencil. If you have training guns please bring them. You can wear **mat shoes** or socks for training on the mat.

Each class will start promptly at 1pm with one 10 minute break per hour . We strongly recommend you bring sufficient water and food such as fruit and/or power bars to consume during your breaks. We request all fees be sent directly to the Koga Institute at 210 East Fig Street #103, Fallbrook, CA 92028.

If you pre-pay & cannot attend there are no refunds, credit voucher will be given.

****Students must pre-register AND pre-pay the \$50.00 registration fee, no less than 1 week before the start of the class. Anyone not wishing to pre-pay for the class and still want to attend will be charged \$60.00. Additional \$10.00 to purchase an SD-1 or SD-2.**

(NOTE:) Seminar is subject to cancellation if less than 15 people pre-pay.



For reservations contact:

Virginia McAlpine at The Koga Institute

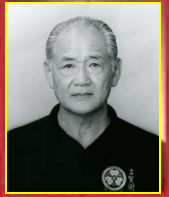
**(760) 723-8195 or email
vmcalpin@kogainst.com**

Hosted by The Koga Institute



The Koga Institute

"No Give Up"



REGISTRATION FORM

SD-1 TECHNIQUES

San Jose Scottish Rite Temple

Sunday, Feb. 26, 2017

NAME _____ POST ID # _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

AGENCY _____ NUMBER ATTENDING _____

FEES ENCLOSED _____

HAVE YOU ATTENDED A KOGA CLASS BEFORE? _____

CHARGE MY CREDIT CARD:

NAME: _____ VISA [] MASTERCARD [] AMEX [] OTHER []

CARD NUMBER _____ EXP. DATE _____ V-CODE _____

BILLING ADDRESS FOR CARD _____

AMOUNT _____ SIGNATURE _____

RETURN REGISTRATION FORM TO:

KOGA INSTITUTE
210 E. FIG ST., #103
FALLBROOK, CA 92028
vmcalpin@kogainst.com

Class Location: San Jose Scottish Rite Temple, 2500 Masonic Dr., San Jose, CA 95125