



The Koga Institute

"No Give Up"



1 Day Training Seminar

San Jose Scottish Rite Temple

2455 Masonic Dr.

San Jose, CA. 95125

Sunday - February 25, 2018

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.

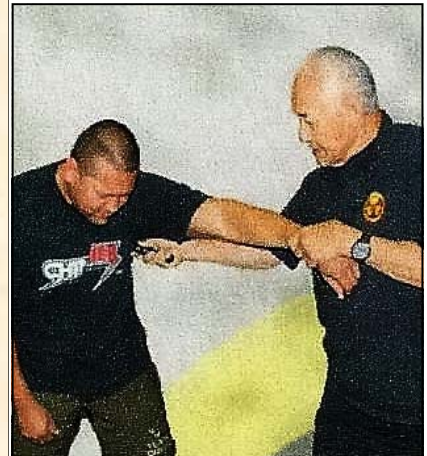
This will be a no nonsense physically demanding training course. Students should wear loose fitting workout type clothing. Equipment needed: hand-cuffs, handcuff key, paper & pen/pencil. If you have training guns please bring them. You can wear **mat shoes** or socks for training on the mat.

Each class will start promptly at 8am with one 10 minute break per hour and a one hour lunch period. 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. You can either substitute someone to replace you or elect to receive a credit voucher toward a future 1 day course.

****Students must pre-register AND pre-pay the \$70.00 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 \$80.00. 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:
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The Koga Institute
(760) 723-8195 or email
vmcalpin@kogainst.com**