



With Guro Harley Elmore

March 20th 2010



The Philippines developed one of the most complete and effective methods of empty hand striking in the world. Complete with elbows, eye jabs, clinch work and utilizing angles and levers, this system is an amazing self defense art. Today's training uses focus mitts, bag gloves and partner drills that make training safe and fun while learning an amazing art.

Fun, safe, intense workouts

Effective and practical skill sets

Body angulations and levers to control the opponents

Translates directly to the use of many improvised weapons



Cost: One Day \$100
Time: 10:00 am to 4:00 pm
Where: USMAA Gym
2121 Lincoln Street
Bellingham, WA 98225

Contact: Martin@usmaa.us
360-738-3448
or
Warriorswaytx@aol.com
940-696-1254

Dan Inosanto has pioneered the instruction of Panantukan in America, today his top students like Guro Harley Elmore continue to spread the art to a new generation of martial artists.