



Always be prepared! Always come home safe!
STREET SELF-DEFENSE WORKSHOP
Sunday, May 15, 2021

Session #1: 9:00am - Noon • Session #2: 1:00pm - 4:00pm

Register at BlueDragonAcademy.com/Event



- Open to all skills & fitness levels, ages 12 and up
- Basic self-defense techniques
- How to deal with rear attacks
- How to deal with ground attacks
- How to defend against knives close up
- Realistic street knowledge on attack & defend mindset



Taught by a life-long Martial Arts Expert with extensive street combat experience. Grand Master Thac Nguyen is a 9th Degree Black Belt.



INDUSTRIES

Event Venue: Blue Dragon Taekwondo Academy
1485 N. Milpitas Blvd., Milpitas, CA 95035
Hosted by: Blue Dragon Taekwondo Academy, INC.
Contact: Grand Master Thac Nguyen
Cell: 408-202-6955 Email: BlueDragonKick@gmail.com
Workshop Fee: \$150 per session / \$200 for 2 sessions
(fee includes a pair of escrima sticks and a T-Shirt)



This event is licensed by the Amateur Athletic Union of the U.S., Inc.

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All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.