



Willow Martial Arts is pleased to host Master Andrew Trento for a two-day seminar.

Friday, Nov 1, 2019 - 6:30-8:30pm - Learning & Dissecting HWA RANG (1st ITF Taekwondo Form)

This seminar presents applications of specific moves within this form and its updated applications.

Saturday, Nov 2, 2019 - 10:00am-3:00pm (1 hr break for lunch)

Battle Ready Kickboxing Principles

This two-part seminar is a morning and afternoon session. The afternoon session will build upon what is learned in the morning session. These seminars present Principles of battle ready kickboxing applicable to all forms of martial arts, self-defense and sparring.

The classes may be taken individually (if your time is limited), but each class will be built directly from the preceding class(es). For optimum benefit, Master Trento strongly encourages you to enjoy all 3 classes. Classes are designed for martial artists of any rank or discipline, both youth and adult, who seek to improve their forms and sparring.

Kirkwood Community Center, 111 So. Geyer Road, Kirkwood MO 63122



Master Andrew Trento:

5th Dan Black Belt
AAU NJ Clinic Administrator
Ambassador of Haganah System
5th Generation Disciple of Wong Fei Hung
Certified Raindrop Technique Specialist
Certified Medical Qigong Therapist
Trained Hypnotist under National Hypnosis Guild
Certified Haganah F.I.G.H.T Self-Defense Instructor (Gen 2)
Certified Battle Ready Kickboxing Instructor
Certified Blade Warrior Instructor
Certified Striking Militia Instructor (Levels 1 and 2)
Certified Ground Survival Instructor
Certified Tactical Warfare Instructor
Certified AAU Taekwondo Official (Class B)
Founder of P.O.I.N.T Self-Defense System
Owner of Trento's Martial Arts and Fitness Center
Honorary Adviser to Yee's Hung Ga Kung Fu International Association
Lifetime Achievement Award 2016 from AAU Taekwondo New Jersey

Fees: \$20 for each 2-hour class (Friday, Saturday am & Saturday pm) or **\$15** per class for two or three classes.

There is a discount for three or more immediate family members registering at the same time.

PLEASE contact the event coordinator (below) for discount details.

Dress & Equipment: Dress will be martial arts uniform. Please bring you personal protective gear (groin cup & mouth guard) for Kickboxing Principals class. Willow Martial Arts will also provide other protective gear for your use.

Registration: Please return your registration form with a check payable to: Willow Martial Arts by Oct. 28, 2019. There will be NO registration at the door. This is an AAU sanctioned event.*

Event Coordinator: Brooke Kalisiak, 10135 Maebern Terrace, St. Louis, MO 63126. email:brooke@legacytherapystl.com

*AAU membership must be obtained before the seminars begin, except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain membership. Be Prepared: Adult & Non-Athlete memberships are not longer instant, and cannot be applied for at the event. Please allow 10 days for membership to be processed.

Registration for Master Trento's Seminar

Nov 1-2, 2019

Name: _____ Age: _____

Gender: Male Female Belt Rank: _____

Email: (only used to clarify registration issues):

Phone: _____ Martial Art you study: _____

AAU Membership ID #:

I am registering for (check all that apply):

- Friday (Hwa rang ITF Form) 6:30 – 8:30pm
- Saturday (Battle Ready Kickboxing Session 1) 10:00-12:00pm
- Saturday (Battle Ready Kickboxing Session 2) 1:00 – 3:00pm

I am enclosing a check payable to “Willow Martial Arts” to the event coordinator for the amount:

- One class (\$20)
- Two classes (\$15 per classes = \$30 total)
- Three classes (\$15 per class = \$45 total)

*Please mail your registration, Liability Release, and check to:
Brooke Kalisiak before **October 28, 2019**, 10135 Maebern Terrace, St. Louis, MO
63126*

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

I, the undersigned, for myself, my heirs, administrators and assigns, do hereby covenant and agree as follows: I hereby assume all risk of any personal injury which may result from activities in which I engage at this TaeKwonDo event; that I for myself, my heirs, administrators and assigns, do hereby release Willow Martial Arts, the tournament venue, all coaches, officials, individually or collectively, from all liability, including claims at law or in equity for any injury which may result directly or indirectly from my traveling to, participating in, or returning from said tournament. I understand that TaeKwonDo is a contact sport with all of the risks of any contact sport. I also assume all risk of my personal property at the tournament premises if lost or stolen.

I have read the above waiver and release. I understand that I give up substantial rights by signing it, and knowing this, sign it voluntarily. I agree to participate knowing the risks and conditions involved and do so entirely of my own free will.

Signature of Participant (if 18 & over)

Date

Signature of Parent or Guardian (if competitor is a minor)

Date