



AAU TAEKWONDO REGION 13 STREET SELF-DEFENSE WORKSHOP

Saturday, July 17, 2021

1:00pm - 4:00pm



Workshop Fee: \$125

- 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.



Register at BlueDragonAcademy.com/Event

Event Venue: Blue Dragon Taekwondo Academy
1485 N. Milpitas Blvd., Milpitas, CA 95035

Hosted by: Blue Dragon Taekwondo Academy, INC.

Recognized by: The World Taekwondo MDK Federation Pan Am

Supported by: Team Transformation

Contact: Grand Master Thac Nguyen

Email: AAUTKDRegion13@gmail.com

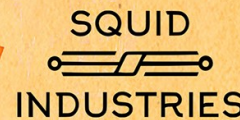
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This event is licensed by the Amateur Athletic Union of the U.S., Inc.

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.