



CQMAC

Seminar Details

This seminar is designed to help current and future martial arts students to understand how to use basic skills and techniques outside of the Dojo.

Come out and join Sensei Jay Hubert of CQMAC and SOS Lighthouses outside for fun, fresh air and sun. Please bring shoes to wear and full Gi.

**To register please
Contact SOS Lighthouse Program
Coordinator Kim Williment
Phone 204-855-2009
or email
dkwilliment@yahoo.com**

**Martial Arts Outdoor
Day Training Camp**
Close Quarter Martial Arts Club
in association with SOS
Lighthouse Program

**Oak Lake Manitoba
Campground
24 Aug 2014
2pm - 4pm**

