



APPLICATION AND DEFENCES OF  
**CHOKES AND STRANGLES**  
FOR SELF-DEFENCE AND SPORT

Date: Saturday February 15, 2-4pm  
Seminar hosted by Chimo Ryu Jiu Jitsu Club (Sensei Dan Poirier)

Cost: \$10

The full proceeds from this seminar will be donated to the YMCA strong kids program.

Location:  
YMCA of Oakville  
410 Rebecca Street  
Oakville, ON L6K 1K7  
Telephone:(905) 845-3417

More info at [www.chimoryu.ca](http://www.chimoryu.ca)

Seminar presented by:  
**David Shemilt**

*Black Belt 2nd degree CJC  
Black Belt 1st degree Shotokan Karate  
Under Shah Franco*

*Purple Belt – Instructor BJJ  
Under Shah Franco*

