

Spring Martial Arts Retreat Saturday May 14th 2016, 10am to 12pm

Internal Martial Arts

Fundamental Drills and Skills

with Sifu Greg Magwood

12:30 to 2:30pm

Tai Chi Sword, Two Person Drills

“Sticking it to your partner with a sword”

with Sifu Jill Heath and

Sifu Adriaan Blaauw

3 to 5pm

I Chuan

Trajectories and Combat Strategies

with Sifu Robert Walther

Cost:

\$35 one class

\$60 for two

\$80 all three

For more info or to register:

www.magwoodsmartialarts.com

613-849-0170

The Arts Centre Hastings Building

A Sustainable Octagon Straw Bale Building

230 Durham St. S. Madoc, ON

The Spring Martial Arts Retreat 2016 is going to be another fantastic day of Martial Arts Training and Sharing. Four skilled teachers, three excellent subjects, and one beautiful location.

The Straw-Bale Octagon Retreats have quickly gained a reputation as a must-attend event. The open and welcoming atmosphere and skilled instruction make it appropriate for martial artists of all styles and skill levels to attend. This spring I am happy to once again be joined by Sifu Robert Walther, head of Snow Tiger Martial Arts and President of the Canadian Jiu Jitsu Council. Sifu Walther will be presenting a seminar on the Internal Martial Art of I Chuan, a powerful and flowing system based on repetitive internal trajectories leading to powerful short-range striking and controlling techniques.

I am also very happy to be joined by Sifus Jill Heath and Adriaan Blaauw for Two-Person Tai Chi Sword Play. The double-edged sword has long been the symbol of high skill and achievement in Chinese Martial Arts but don't let that intimidate you. Two person swordplay is good, challenging fun. From first-time beginner to expert, Jill and Adriaan have enough tricks up their collective sleeves to keep

even the most skilled sword practitioner working hard. Hardwood practice swords will be available to purchase for \$35, HST included. There will also be a limited amount of swords to borrow for the class.

With the location of the event in the Madoc Park ,it is a day the whole family can enjoy, whether they are participating in the retreat, or enjoying the amenities of the park. The park offers all a family could ask for in a day out: full-sized concrete skate park, massive three-storey climbing and play structure, and a splash pad. Shade centres, tables, and a full canteen makes it all a picnic in the park.

To register contact Sifu Magwood, 613-849-0170 or magwoodma@yahoo.ca.

Don't forget to come out for dinner after classes. Sunny Side Up Restaurant is across the road from the park and will be offering 5:15 and 5:30 sittings for a traditional home style Japanese meal for only \$13.49. Please call to reserve a spot. The food is authentic and excellent. This is a small restaurant and they need to know orders in advance.
613) 473-0765.

Magwood's Martial Arts
Instruction in Traditional and Modern Martial Arts and Self Defence
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