

# Belleville Martial Arts Seminars

**Saturday  
November 23rd**

10:30am to 12:00pm  
**“When Push Comes to Shove”**  
w/ Greg Magwood

12:30 to 2:00pm  
**Jiu Jitsu Locking Flow Drills**  
w/ Terry Langevin

2:15 to 3:45pm  
**Find the Fight in your Kata**  
w/ Robert Walther

**Cost**  
**\$90 for the full day**  
**\$35 for one class**  
**\$65 for two classes**

Registration available on the day or  
pre register by Etransfer to Sensei Magwood at  
[magwoodma@yahoo.ca](mailto:magwoodma@yahoo.ca)  
please include your name and seminars you are attending in the notes

**Christ Church**  
39 Everett St.  
**Belleville, ON**