

Guru Besar Rita Suwanda

will present a two-day seminar on the art of

Pencak Silat Mande Muda



Mande Muda is a powerful and eclectic martial art with both armed and unarmed combat techniques. The arts of Indonesia have long been heralded for their beauty and brutal effectiveness. This seminar will be presented by Ibu Rita Suwanda, the Grandmaster of the art, from Bandung, Indonesia. The lessons will be structured to benefit all levels of skill. No prior experience is necessary.

Recommended Equipment: 2 training blades, 2 rattan sticks (28"-32"), long-staff (5'-6'), loop sarung

Location: Baltimore Martial Arts Academy
6565 Baltimore National Pike, Catonsville, MD 21228

Saturday, October 9th, 2010

Registration: 11:30 AM-12:00 Noon

Seminar: 12:00 Noon-5:00 PM

(With one-hour lunch break)

Sunday, October 10th, 2010

Registration: 9:30 AM-10:00 AM

Seminar: 10:00AM-3:00PM

(With one-hour lunch break)

Cost: \$65.00 per day. Pay at the door. **Cash only.**

- ❖ Please arrive promptly for registration.
- ❖ Attendees under the age of 18 will require signature of a legal guardian to participate.
- ❖ Absolutely no videotaping permitted.

For additional info: www.pecahan.com

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