

LAU GAR

THROWS & TAKEDOWNS



COURSE HEADED BY

Frankie Cooper - Guardian and 5th Degree

WHAT YOU WILL LEARN:

Fundamental Throws and Takedowns, the mechanics, set-ups, interceptions, counters, etc. and running through various moves in the sets that lend themselves to Throws and Takedowns

12PM - 4PM | SATURDAY 9TH FEBRUARY 2019

WHERE

**Pro Martial Arts, Upper Floor, Unit 4A, Heathfield Way,
Northampton NN5 7QP**

COST

BKFA Licence holders
Early Bird - Before 1st
January 2019

£25

Plus Booking Fee

Early Bird No Licence
Before 1st January
2019

£30

Plus Booking Fee

BKFA Licence holders
Full Price - from 1st
January 2019

£30

Plus Booking Fee

Full price No Licence
from 1st January
2019

£35

Plus Booking Fee

BUY ONLINE AT: FIXR (Search for Lau Gar Throws) - or £40 on the door.
PROCEEDS TO THE LAU GAR CHARITY