



# 9th Annual FMA Beach Seminar

September 9, 2017 (Saturday)

8:45 am—3 pm

Join us for a day of Filipino Martial Arts training, friendship, and fun! This annual workout and picnic will feature Grandmaster Rick Manglinong (SMP Arnis) with some special guests. Subjects will include stick, knife, and empty hand applications. All skill levels welcome, from newbies to advanced!



**Place:** Pope Beach, Rt. 89, South Lake Tahoe, CA

**Picnic:** Bring a dish to share with the crowd, along with your lunch and plenty of water.

**Cost:** A sliding scale donation, \$15 - \$40. Grandmaster Rick doesn't want anyone who wants to learn to be left out due to cost.

**What to bring:** Lunch; water; food dish to share; your sticks and training knives; beach chair; sunscreen; anything else you need for a day at the beach! (Don't forget that CA Parks charges \$8 per carload for use of the park.) There are restrooms, picnic tables, and a charcoal grill available at the park.

**Questions?** Contact Grandmaster Rick at [rickmang@mangrick.com](mailto:rickmang@mangrick.com) / 530-721-0216

Visit us at [www.MangRick.com](http://www.MangRick.com) / On Facebook under "Manglinong Martial Arts"