

# ATTENTION MARTIAL ARTISTS!

IT'S THAT TIME OF YEAR AGAIN !:

CAMP LANSDALE 7

OCTOBER 3-5, 2003



Continuing the reputation CAMP LANSDALE has gained in the last few years by bringing in some of the best martial artist in the world. Recognized Grandmasters, Masters, Hall of Famers, Famous Self-Defense experts. CAMP LANSDALE is geared to practical self-defense. Not sport. Not full-contact combat. But a jam-packed weekend of realistic self-defense.

This year's camp, as always, will feature a Shen Chuan fest of balance disruption for self defense, Shen Chuan style locking and pressure point control, and of course Shen Chuan Striking.

Our honored guest, SIFU MICHAEL BILLINGS, Kenpo Self Defense expert, will be teaching the self-defense aspects of Kenpo.

There will also be a Friday night block of Boxing techniques for self defense, taught by SENSEI NORMA ALMANZA. INDONESIAN, FILIPINO influenced arts conducted by GURU MIKE CASTO of SIKAL AND SHEN CHUAN with an hour of ground combat, as well as an hour of knife work will be taught.

**WHEN:** First Weekend of October. OCTOBER 3-5th, 2003

**HOW MUCH:** 90 dollars for all THREE DAYS! if paid in advance.  
100 dollars at the door.

**WHERE:** LANSDALE'S SELF DEFENSE SYSTEMS 2820 South East Stallings Drive in Nacogdoches, Texas. PHONE 936.569.1426 / FAX: 936.569.2511 or email at [sensei6@joerlansdale.com](mailto:sensei6@joerlansdale.com)

**WHO CAN ATTEND:** Anyone fifteen years or older with signed permission from Parent or Guardian if under eighteen.

## **TENTATIVE SCHEDULE:**

This schedule may change, but this shows general times and the line of instruction. Instructors may change their focus of instruction, or add other attributes to their sections.

### **FRIDAY NIGHT**

**6:00pm-8:00pm** Sensei Norma Almanza (two time local boxing champion).  
Boxing techniques for self defense.

**8:00-10:00** Guru Mike Casto: Filipino/Indonesian techniques. Ground combat and knife work. An hour of each will be taught.

### **SATURDAY MORNING**

Doors open 8:15 Arrival, sign up, warm up.

**9:00-10:30am** Professor Lansdale. Balance disruption for self defense.

**10:30-12:00** Sifu Michael Billings. Intro to Kenpo Tools & Applications in Self Defense Techniques.

**12:00-1:00** Lunch Break

**1:00-2:30pm** Professor Lansdale. Shen Chuan Striking

**2:30-4:00** More Kenpo Self Defense, Sifu Billings. Levels of learning in Kenpo Self Defense Techniques - Layers of Sophistication

**4:00-5:00:** Professor Eugene Frizzell. Shen Chuan StickBoxing, Stick and Knife Disarms.

### **SUNDAY MORNING**

Doors open 8:30

**9:00-10:30am** Sifu Billings. Kenpo Self Defense Techniques and Theory.

**10:30-12:00** Shen Chuan Locking

**12:00-1:00** Lunch

**1:00-2:30** Professor Lansdale. Shen Chuan Self Defense Techniques

**2:30-4:00** Kenpo Techniques, Defense from Grabs, Sifu Billings

**4:00-4:30** Closing Ceremonies and Photos

# Camp Lansdale 7 Registration

Please make check, money order or credit card payable to, and mail to:

**Lansdale's Self-Defense Systems  
2820 S.E. Stallings Drive  
Nacogdoches, Texas 75961**

**ALL PARTICIPANTS MUST SIGN & RETURN TO THE ABOVE ADDRESS**

REGISTRATION INFORMATION			
Name:	Age:	Phone:	
Address:	City:	State:	Zip:
Martial Art Style(s) (if applicable):			
Organization Represented:			
Your Rank(s):	Email Address:		

## WAIVER and RELEASE

I hereby submit my application for attendance at and participation in Camp Lansdale 7 at Lansdale's Self-Defense. I understand that Martial Arts training is an inherently stressful and dangerous activity, and that injuries can and do occur. I hereby, either on my own behalf or on behalf of my minor child, assume the risk of such activities while participating. I understand that it is my responsibility, either on my own behalf or on the behalf of my minor child, to obtain a physicians examination in order to be certain I am fit to participate in Martial Arts Training.

I, on my own behalf or on behalf of my minor child, hereby release from liability, waive any and all claims of whatever type or kind I may have, including but not limited to those for damages, injuries and/or losses, and hold harmless Lansdale's Self-Defense Systems as well as all sponsors, promoters, organizers, hosts, instructors, associations, schools, owners, officers, directors, employees, agents, and all other participants and observers.

I agree that I or my minor child may be photographed during instruction, and that I shall have no right, title, or interest in said photographs. I further agree that no video or audio recording of the training may be made by myself or my minor child.

I understand that registration fees are non-refundable.

I acknowledge that I have been advised to show this "waiver and release" to an attorney before signing, and that at least three (3) days have elapsed between my receipt of this "waiver and release" and my signature, which appears below.

Signed: \_\_\_\_\_

(if participant is under 18 years of age, signature must be that of a parent or guardian, and specifically signed in said capacity and so indicated.)

\_\_\_\_\_  
print name clearly

CREDIT CARD INFORMATION (if applicable)	
Name on Card:	Card Type:
Card Number:	Exp. Date: