

CHAMBERLAIN STUDIOS OF SELF DEFENSE™
is proud to present

Professor
ERNIE CATES

Saturday, February 28th and Sunday, March 1st

~ The goal of our seminar is to insure your enjoyment and spark your interest in the basic principles through which techniques happen ~

We will cover practical and effective principles of the martial arts, which are the foundation of the Neko Ryu Goshin Jujitsu System, exemplified by the feline species, "The Cat". That is the natural movement, relaxed power, strategy and cunning of the revered house cat, of course. (We will emphasize training techniques and tips on how to extend your martial arts career for a lifetime without chronic injury. Also, we will include adversarial psychology, and extended ki development, Kodokan Judo, Tachiwaza (standing techniques) and Newaza (grappling techniques) as they relate to other martial arts disciplines.

Neko Ryu Goshin Jitsu, was founded and developed by Professor Ernest H. Cates, 8th Dan in Kodokan Judo. Assisting Professor Cates will be Phil Fields, 3rd dan Judo, 6th dan Neko Ryu & former gold medalist in Jiu-Jitsu.

Please come train and enjoy!

Following the seminar we will be having a Mizutaki Dinner at the dojo starting at 7pm.

Cost is \$15/person, pre-register only, no walk in!!

Dinner is cooked at your table, and includes chicken, vegetables and rice.

You may bring seafood or anything else special for your pot. There is limited seating! Bring a big cushion to sit on! B.Y.O.B. (This is fun!)



DallasKenpo.com 214-351-5367

When: Saturday, February 28th, 11am-1:30pm and 3pm-5:30pm
Sunday, March 1st, 9am-10am Black Belts, and All ranks 10am-12pm

Where: CSSD Hombu dojo, 2739 Bachman Drive, Dallas, TX 75220

Cost: \$95 per participant, \$15 spectators. **Pre-register at: 214-351-5367**
CSSD Members: \$75 and \$10. At the door: \$105 and \$20. Space limited.
Bring a group of 5 or more people and get the members rate!

Mizutaki dinner is \$15/person and you must pre-register (pay) so we have enough food!

This is a rare opportunity to train with one of the world's best...take it!

