



Katalungan Guro

Richard Haye

KALI SIKARAN
Team Skålborg



KALI SIKARAN

WORKSHOP

7.- 8. NOV 2009

HERNING
DENMARK

FIGHT PIT
Hammershusvej 5a,
7400 Herning
WWW.FIGHTPIT.DK

Selfdefence- confidence- understanding

This seminar is for everybody who would like to learn about Filipino martial arts from the base. You will get to try out all the elements of Kali Sikaran in a well structured step by step seminar. It's a great opportunity for people who don't have a qualified Kali Sikaran teacher in their area. Also it's a great chance for other martial arts instructor and practitioners to pick up some extra knowledge and inspiration.

ASPECTS OF KALI SIKARAN

PANANTUKAN is Filipino Boxing. The particularity of Panantukan includes elbows strikes, gunting, foot sweeps, and foot trapping, making the Art a special and an effective form of Boxing. Techniques are practiced with and without gloves.

SIKARAN is Filipino Kick Boxing which completes the Panantukan System. The fighter is trained in zoning and controlling distance.

STICKFIGHTING training is important in the development of empty hand skills. Any development in stick training leads to an immediate improvement in the empty hand aspects of Kali Sikaran. We use single and double sticks.

DAGA is Kali Sikaran's Knife Defence System. Knife defence is a known specialty of the Filipino Martial Arts. Filipino Knife fighting techniques have influenced Police and Military Knife Defense Strategies all over the World.

KADENA DE MANO is the close quarter fighting technique of Kali Sikaran. Using hands, elbows, head butt, knee in training the flow is very important. Kadena De Mano is a realistic method of Self Defense when there's no space to move and no way to escape.

RICHARD HAYE

Katalungan Guro Kali Sikaran (4.dan)
Kali Sikaran Scandinavian Coordinator.

Other Martial Arts

4. Dan WKF Karate

3. Dan Shorin Ryu Karate
Instructor IMB Jeet Kune Do

2. Dan Kombatarnis

1. Dan Krav Maga

More info:

www.haye.no

www.kalisikaran.com



PROGRAM:

Saturday 11.00 - 12.30 (Lunch 12.30- 13.30)

Kali Sikaran introduction training

Saturday 13.30 - 15.00

Double and Single stick.

Sunday 11.00 - 12.30 (Lunch 12.30- 13.30)

Panantukan, Sikaran.

Sunday 13.30 - 15.00

Kali Sikaran Knife and empty hands

SEMINAR FEE:

2 DAY WORKSHOP :

PAY BY 25. OKTOBER : 650 DK

PAY AFTER 25. OKTOBER: 750 DK

BOOKING AND INFORMATION:

Kristian Vallevik

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FREE ACCOMODATION IN OUR CLUB

Must be booked in advance.

EQUIPMENT:

Training knife, 2 Rattan sticks 65 cm.

Boxing gloves and protective gear.

Safety First!!

Training knives and rattan sticks will be sold at the seminar.

Martial Arts can be dangerous. The instructor and the seminar hos refuses any responsibility for injuries!

The instructor and the seminar host are released from any liability both criminal and civil!

Please make sure you wear protective gear and have insurance!