



**Place:** Cromwell Martial Arts  
871 Newfield St.  
Middletown, CT 06457

**Date:** Saturday March 17, 2012

**Time:**

1pm – 2pm. Modern Arnis taught by Frank Shekosky. Semi-freestyle stick sparring patterns techniques and drills.

2pm – 3:30pm American Kenpo taught by Grand Master Tony Cogliandro.

**Cost:** \$29 pre-paid or \$39 at the door.

Please make checks payable to: Cromwell Martial Arts

All ranks and styles are welcome! Home training DVD's, sticks, and patches will be available for sale at the seminar!

For more information contact Master Frank Shekosky at 860 / 632-8188 or e-mail [cmartialart@aol.com](mailto:cmartialart@aol.com) web site [www.cromwellmartialarts.com](http://www.cromwellmartialarts.com)

Feel free to join us for dinner afterward at Aldo's restaurant in the same building as our school!