

# Weapons Class

## Six weeks of bo and cane

### Instructed By

Second Degree Black Belt Mr. John Miller

### Class Format

warm-up with forms

stretching

basic techniques of attack and defense with bo/jo and cane

bo 1 and cane 1 forms

### Time

Every Monday night for six weeks, beginning June 17

17 June      1 July      15 July

24 June      8 July      22 July

Class begins at 6:30 and runs for approximately 60 minutes

### Location

Evolution Martial Arts

7456 W 5th Ave, Lakewood, Third Floor (The Instakey Building)

### Cost

Drop-in cost \$10 per class

\$50 to pre-register for all six weeks

**Open to green belt and above. Instructor permission required (see form below).**

Shin and forearm pads are recommended but not required.

Weapons will be available for all students.

### Contact

303-237-3440

johngmillerjr@hotmail.com

---

I am the principal instructor for \_\_\_\_\_. I consent to my student attending the weapon class described above. The student may/may not (select one) learn jo 2 in place of bo 1.

---

(Instructor signature)