

The United Martial Arts Center proudly presents...

HANSHI PATRICK McCARTHY
8TH DAN, ACCREDITED MASTER-LEVEL TEACHER
"THE SECRETS OF KARATE SEMINAR" – JULY 16, 17, & 18, 2010



Hanshi McCarthy is recognized as one of the foremost authorities on the civil fighting traditions (Koryu Uchinadi Kenpo Jutsu) of Okinawa. He is one of few foreigners ever to teach karate-do in Japan and has received an 8th Dan Teacher's License. He is a best selling author with his publication of, "**The Bible of Karate: Bubishi**." He has authored, "**The Classical Kata of Okinawan Karate**", as well as numerous other books, magazine articles and DVDs.

A gifted speaker and talented martial artist, Hanshi McCarthy has traveled the world to share his deep knowledge of the secrets of karate. He has captivated and opened the minds of thousands of martial artists, irrespective of 'style'.

In this seminar, Hanshi McCarthy will introduce Koryu Uchinadi Kenpo Jutsu and present its history and the practical self-defense applications of kata. The participants will learn the theory and the application of a variety of effective martial arts techniques, including pressure points & joint locks (Kansetsu Waza), chokes & strangulations (Shime Waza), takedowns & throws (Nage Waza), grappling & groundwork (Ne Waza), and escapes & counterattacks (Gyaku Waza).

Hanshi McCarthy will demonstrate many of the Koryu Uchinadi two person drills that will help the participants better understand the principle techniques and its effective use in self-defense. As an added bonus, Hanshi McCarthy will also conduct a Friday evening session for all registered seminar participants.

Location: United Martial Arts Center
160 School Street, Victor, New York 14564

Time: Friday July 16th from 6:30 pm - 9:30 pm (bonus class)
Saturday July 17th from 10:00 am - 4:30 pm (1 hour lunch break)
Sunday July 18th from 10:00 am - 4:30 pm (1 hour lunch break)

Admission Fee: Pre-registered by July 4th - \$150 or \$170 at the door
IRKRS Members: Pre-registered by July 4th - \$140 or \$160 at the door

Please see our website at <http://www.selfdefensecenter.com> for more information, registration forms, and hotel accommodation options.

Or contact the seminar host: John Ingallina - (585) 230-6639
Email: ingallina@gmail.com