

# Martial Art School - Nottingham

## *Annual New Years Outdoor Seminar*

with Shihan Ilja Hoffmann

Saturday – 28/01/2012

### Location

*Bestwood Country Park Nottingham*

*Meet Point: Car Park at the bottom of Bestwood Lodge Hotel (NG5 8NE)*

### Times

*Training will be held from 10.00am till 2.00pm*

*To ensure that we are going to start in time, please arrive 15 min earlier.*

### Content

*Having Fun, Getting Dirty, Weapons Training and more ...*

*This course is open to all martial artists, as we had in previous years also members from other martial art clubs attending.*

### Price

*£10 per person - cash only!!!*

### Clothes, Equipment & other things

*As the course is going to be outside, we suggest wearing old, warm clothes (preferably several layers), so you can put them on or off as needed. Further some boots or outdoor-shoes as well as a rain jacket – just in case, although we never needed it.*

*Please bring your usual weapons such as Bokken, Bo, Hanbo, Tanto . Needless to say that all weapons must be training weapons only – i.e. padded or wood - **NO LIVE BLADES!!!***

**Food:** *Please bring some Snacks or Sandwiches; Hot Tea or Coffee and a bottle of Water.*

For any enquiries, please Email: [info@mars-nottingham.com](mailto:info@mars-nottingham.com) or Phone: [07766 643 407](tel:07766643407)

#### Contact

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#### Media

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