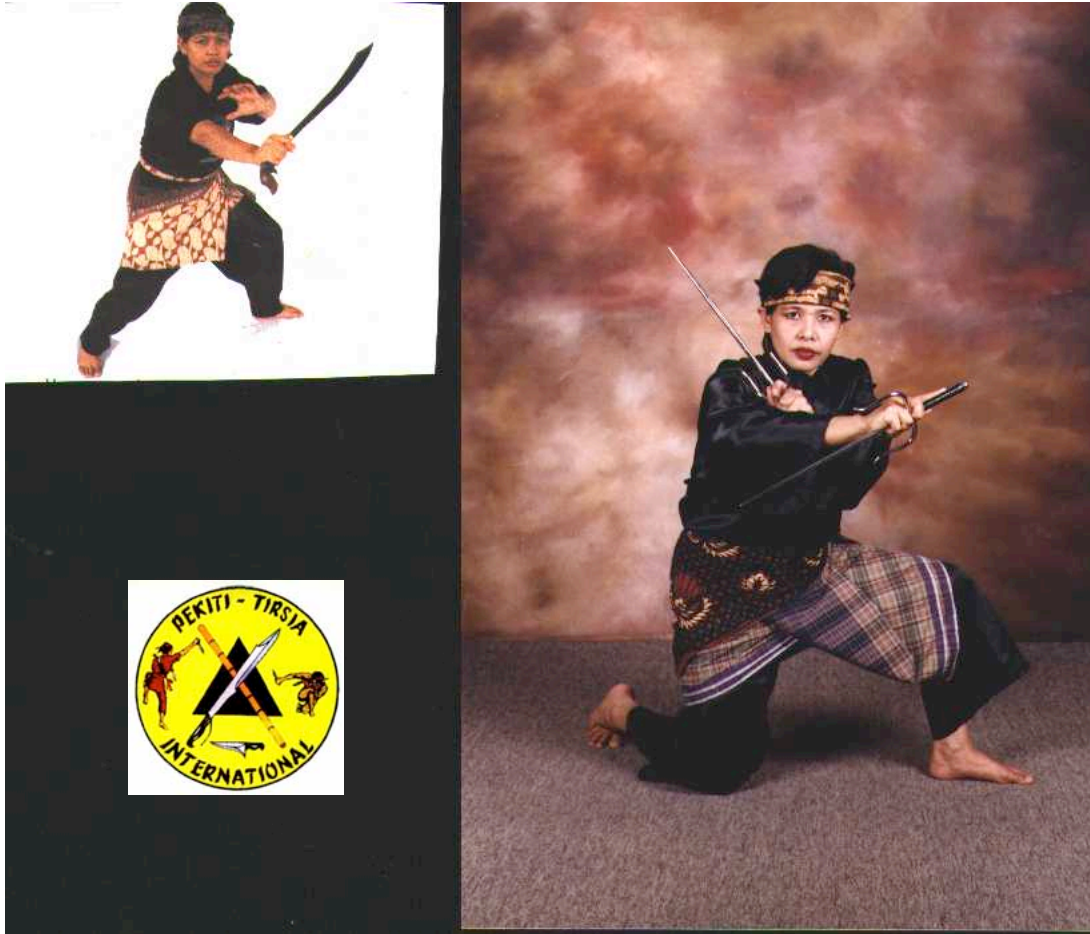


A Minnesota Kali Group Seminar:

# July 18 & 19, 2009

## Penjak Silat Mande Muda with Ibu Rita Suwanda



Learn some of the most unique moves in martial art in this seminar on **Penjak Silat Mande Muda!** Ibu Rita inherited the system from her brother, Pa Herman Suwanda, after his tragic death 9 years ago. From all reports she is as skilled a martial artist as her brother and is as entertaining in seminar! This martial art from Malaysia and Indonesia will give you a completely different perspective on your art. The leverage, take downs and brutal finishing of the art are a must see!

**Times:** Saturday: 10 - 3 Sunday: 10 - 3

**Cost:** \$110 (\$95 pre-registered)

**Location:** The Mn Kali Group: 4532 Chicago Ave - Minneapolis  
(612) 821 6800 [www.mnkali.com](http://www.mnkali.com)