



PRACTICAL SURVIVAL

ARNIS/ESKRIMA WORKSHOP

with Guro Jeremy Bernabe

Saturday May 29th, 2 - 4pm // \$30

Why Study Arnis?

Law enforcement has long been experimenting with various martial arts over the past two decades. And, like the military, the people who usually end up heading the training programs are officers or agents who are martial arts practitioners. As you explore the world, you will find that more and more Defensive Tactics instructors who are skilled in the Filipino martial arts as the most practical form of instruction.

Filipino kali is a must for any serious fighter, and it should be mandatory training for all law enforcement officers and military operators (Special Forces, SEALs, PMO, Force Recon, Para-rescue, etc.).

Stay safe.

Arnis has been a part of training for law enforcement officials and correction officers in Marietta, Georgia; Cincinnati, Ohio; New York, New York, Los Angeles, California; Orlando, Florida; Las Vegas, Nevada, and thousands of other areas of the world, as well as all branches of the military. The list is endless. This is the most practical form of martial arts for law enforcement to date. You can't afford to miss a seminar that has been raved about by so many. Arnis "Practical Survival" taught at Temple Arts Fitness by Guro Jeremy Bernabe. A 2 hour intensive seminar open to the public but specifically geared towards law enforcement and military personnel.



About Guro Jeremy Bernabe

He has been studying Filipino martial arts for 10 years and holds the rank of GAT Ninong under the Garimot Arnis System.

His goal when teaching students is to build awareness, confidence, and power while maintaining maximum personal safety through meticulous study of body angles and distancing while still being able to be engaged in combative range.

Temple Arts 
(954) 680-1815

5619 S University Dr. Davie, FL 33328
(Davie Square Plaza behind Denny's)
www.templeartsfitness.com