

# FILIPINO MARTIAL ARTS

*I am impressed with the atmosphere of the academy and attitudes of the students. I have been blown away with how helpful and patient everyone has been to me. You have created a great place to learn and grow.*

*Brian Giltner*

Everyday objects, such as umbrellas, books, bandannas, etc., become effective means of self-defense in the hands of a properly trained individual. This sophisticated martial art from the Philippines is weapon based, but ultimately an empty-hand system. Three Rivers is certified by the legendary Dan Inosanto, who has spent his life training under Filipino masters such as the late Grandmaster John LaCoste. Drills and techniques are taught in a fluid, non-restrictive manner to help you improve your sense of timing, speed, balance, agility, and confidence.

### **Jason Hawkins**

Owner and chief instructor of Three Rivers, Jason has been an instructor in Jun Fan Gung Fu and Filipino martial arts under Tuhon Dan Inosanto since 1998. Upon meeting Sifu Jeff Westfall, an instructor under Tuhon Inosanto, Jason began training in Filipino martial arts and Jeet Kune Do in 1990.

### **Kevin Traugher**

With over 30 years of martial arts experience, Kevin has extensive training in Kali Silat through Sifu Jeff Westfall and Pendakar Herman Suwanda. He is a level-five apprentice instructor under Tuhon Dan Inosanto in both Jun Fan Gung Fu/Jeet Kune Do and Kali.



## **SCHEDULE**

Tuesdays  
6:00-7:00 pm

Thursdays  
6:00-7:00 pm

*Set up a group class  
with your friends to  
fit your schedule.  
Private lessons are  
also available.*

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## **INTRODUCTORY SPECIAL \$25.00**

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

## **EQUIPMENT** Bundles starting at \$50.00

Order Atama or Century through Three Rivers to receive free shipping (restrictions apply). Not needed for intro session.

