



Saturday 14. September 2024 / 13:00 - 17:00
Sunday 15. September 2024 / 09:30 - 12:00

OPEN TO EVERYONE

TRAINING PLACE

Trainingszentrum Rostock
Kassebohrer Weg 12 A
18059 Rostock

TRAINING GEAR

Sticks ▪ Training Knife ▪
Boxing Gloves ▪ Focus Gloves
Shin Guard & Mouth Guard
& Martial Art Uniform

**FILIPINO MARTIAL
ARTS**

SILAT BELADIRI
**URBAN SELF
DEFENCE**

DAKILANG GURO
JEFF ESPINOUS

INFO & REGISTRATION

Sven Hartig
Cell: +49 . 179 . 733 . 6861
Email: svenhartig77@gmail.com
www.trainingszentrum-rostock.de



ROSTOCK



GERMANY

