



Saturday 05. October 2024 / 14:00 - 18:00  
Sunday 06. October 2024 / 10:00 - 14:00

**OPEN TO EVERYONE**

**LOCATION**

Sporthal Duinwetering  
Duinwetering 105  
2203 HM / Noordwijk

**TRAINING GEAR**

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

**INFO & REGISTRATION**

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**FILIPINO MARTIAL  
ARTS**  
**SILAT BELADIRI**  
**URBAN SELF  
DEFENCE**

**DAKILANG GURO**  
**JEFF ESPINOUS**



**NOORDWIJK**



**NETHERLANDS**

