



# Special Seminar: CONDITIONING

**Martial Arts Academy**  
and  
**Lake Worth**  
**Martial Arts Academy**

Presented by: HAN-SHI MITCHEL MANDEL

Date: Friday, November 21, 2008

Time: 6:00 - 8:00 pm

Location: Lake Worth Martial Arts Academy  
4595 Hypoluxo Road, Suite #5  
Corner of Military & Hypoluxo (Walmart Center)

**Register Online:**

www.  
lakeworthmartialarts.com/  
events

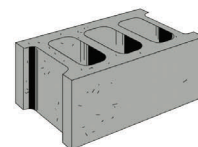
Cost: FREE to MAA & LWMAA students

**Register by Phone:**

252-3408 (Master Nikki)  
317-4043 (Sensei Kevin)

Subject: Hand, Arm & Shin Conditioning

Materials: Standard building block  
(required)



Bamboo sword  
(shinia - optional)



**Martial Arts Academy**  
1058 Hypoluxo Road  
Lantana, Florida 33462

**Lake Worth**  
**Martial Arts Academy**  
4595 Hypoluxo Road #5  
Lake Worth, Florida 33463

## PRE-REGISTRATION IS REQUIRED

Register Online: [www.lakeworthmartialarts.com/events](http://www.lakeworthmartialarts.com/events)  
or Call: Master Nikki 252-3408  
Sensei Kevin 317-4042