

Russian Martial Art ROSS Seminar

Join us for our next Russian Martial Art—ROSS Seminar in Manassas, VA. In conjunction with Falken Industries, the American Annex to the Russian Federation of Russian Martial Art will be conducting a one-day seminar. The focus of the seminar will be on ROSS biomechanical exercises, principles, and weapons work.

This one-day seminar will be followed by a fire-arms safety and training seminar conducted by Falken Industries. It will provide the training necessary for a VA CCW permit and includes a trip to Falken's shooting range.



ROSS Seminar:

- > Cost: \$50
- > Cost includes lunch!
- > Receive a Certificate of Completion

Falken Firearms Seminar:

- > Cost: \$50 (plus you supply ammo)
- > Cost includes lunch!
- > Receive a Certificate of Completion needed for VA CCW permit

Registration:

- > Rob Ord: falkenindustries@aol.com
- > Falken's Web site: www.falken.us

October 3, 2009—ROSS

October 4, 2009—Falken

10:00 a.m. — 4:00 p.m.

Falken Industries:

6997 Gateway Court
Manassas, VA 20109



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