

# **Flexibility & Mobility for Martial Artists.**

**Instructor EricKenyon RKC**

This workshop focuses on building the strong, stable, and injury-proof flexibility required to excel in the martial arts. Techniques that preserve and increase ligament and tendon strength are also covered.

**Friday 30 July,  
5:30 to 6:30 pm  
Grass Valley Judo,  
131 Joerschke  
Cost: \$25.00**

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