

## Water Warrior Weekend 2006 with Shidoshi Dick Severance

- \* Drown-proofing
- \* Stealth Swimming
- \* Water Grappling
- \* Breathing Underwater
- \* More

- Bring Mask, Snorkel, Fins
- Wet Suit Optional
- No Tanks Needed
- Bring Lunch

Saturday June 17<sup>th</sup> -9:00-3:00  
on the Weekie Wachie River  
Chassahowitzka Wildlife Preserve

\$45.00/one day  
\$75.00/both days  
-Early Registration or  
Bujinkan Members \$70/\$40-

## Kinesiology In Martial Arts with Robert & Kerrie Broe

Sunday June 18, 9 am - 3 pm

### HYDROTHERAPY AND ITS APPLICATION IN MARTIAL ARTS.

#### You Will Learn:

- † Hydrotherapy Principles
- † Healing Acute Injury, Trauma, and Inflammation With Water
- † Herbal First Aid
- † Making Herbal Tinctures, Infusions, Decoctions and Fomentations
- † Basic Nutrition and Eating to Optimize Health and Healing

For registration, map and lodging  
Call Shidoshi Dick Severance  
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(321) 727-2852

