

[www.martialartsplanet.com](http://www.martialartsplanet.com) and [The British Heart Foundation](http://www.thebritishheartfoundation.org)

Present

# The M.A.P. South of England Martial Arts Meet - II



## Bracknell Leisure Centre

Bagshot Road, Bracknell,  
Berkshire, RG12 9SE

<http://www.bracknell-forest.gov.uk>

1<sup>ST</sup> JULY 2006

11:00AM – 5:00PM

(Doors Open 10:30am)

### FEATURING:

**Self-Defence** ([Dave Turton](#))

**Tae Kwon Do** ([Stuart Anslow](#))

**Capoeira** ([Julio Cesar Alves](#))

**Hapkido** ([Trevor Rant](#))

**Pressure Points** ([Robert Agar-Hutton](#))

**Ba Gua** ([Chris Davis](#))

**Eskrima** ([Lucy & Pat O'Malley](#))

**Sombo** ([Alan Cain](#))

**Ju Jitsu** ([Anthony Bailey](#))

**The 90% Rule** ([Keith LeBhan](#))

**Kuk Sool Won** ([Matt Boniwell](#))

**Weapons Defence** ([Mike Flanagan](#))

**Plus Demonstrations, Raffles and More!**

**Entry** (M.A.P. and Non-Members)

**£15.00**

**Spectators**

**£3.00**

Please wear comfortable/suitable clothing

Please bring Eskrima sticks/dummy knives if you have them, for Eskrima class

For further information please contact Heather Hunt (The British Heart Foundation):

01372 388430 or email [mapmeet@hotmail.co.uk](mailto:mapmeet@hotmail.co.uk)

Disclaimer: Please note the Organiser reserves the right to refuse entry. This event entails strenuous exercise, it is assumed that all participants are fit to take part and are covered by the appropriate insurance. **Changes to sessions or timings may occur.**