

태권도

# COME TRAIN WITH THE BEST

HOLON WELLNESS TAEKWONDO

## SEMINAR

**JANUARY 21, 2018**

Holon Wellness Taekwon-do is proud to host Top Ranked Womens UFC Fighter, Cat Zingano, as well as Multiple World Champion, Julio Carlos. This one of a kind seminar will be held on the day after our annual tournament and will cover topics such as sparring, footwork, hosinsul, ground fighting and much more.

**YOU DO NOT WANT TO MISS THIS!**

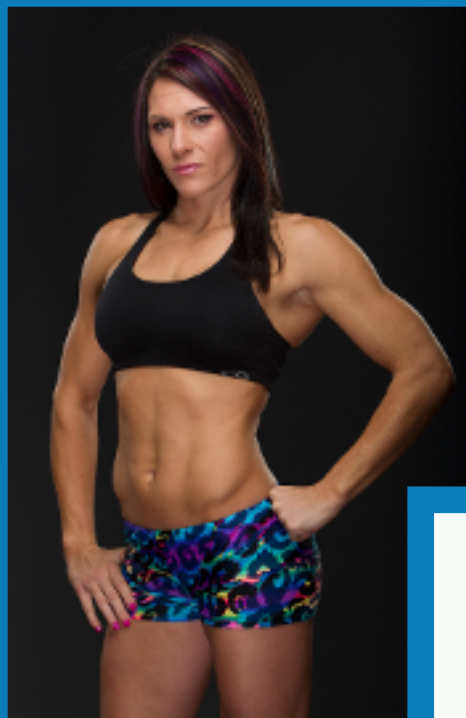
**SPACE IS LIMITED!**

### MORE INFO:

Cost: \$150 (\$25 discount if you register for both seminar and tournament)

Where: 809 S Washington St.  
Denver, CO 80209

When: Sun. Jan 21, 2018  
9am-4pm



*Top Ranked Female UFC  
Bantamweight Fighter*

**CAT ZINGANO**

*Multiple World Champion  
and Team USA member*

**JULIO CARLOS**



**WWW.HOLONWELLNESS.COM**