

USTF KNIFE AND WEAPONS SELF DEFENSE COURSE

La Center Elementary School Cafeteria 700 E 4th St, La Center, WA 98629

November 9th, 2024 – 9 AM – 5 PM – Doors open at 8:30

Contact: Mr Jon Ragsdale – ragsdale.jon@gmail.com – 971-570-6964



Seminar instructed by Senior Master Stoppani. Senior Master Stoppani has been a Taekwon Do instructor for 30 years teaching in England and the United States. Senior Master Stoppani has been a professional instructor through the Washington State Criminal Justice Commission , as a Control and Defensive Tactics Master Instructor.

Course is open to Green Belts (5th and 6th Gup and up) 18 years and older, and Blue Belts (3rd and 4th Gup and up), Red and Black Belts, 14 years and older.

Course is \$75.00 for first time and \$50.00 for refreshers.

Students will be present for the entire course. 8 credit hours for Black Belts for the continued education requirement

Only water will be allowed in the workout area. A lunch break will be given, and lunches must be eaten outside.