

Filipino Martial Arts Club

at Sac State

The primary mission of the Filipino Martial Arts club at Sac State is to learn and practice the traditional martial art from the Philippines known as Escrima. We also practice Muay Thai kickboxing. Our classes are practical for real-life self defense situations.

Improve your

- 1. Self confidence**
- 2. Physical fitness**
- 3. Self defense skills**



Meet New Friends! The first class is FREE! No experience is required.

Club Meetings: **Tuesday 6-8** Yosemite Hall 187 and **Sunday 2-5** Yosemite Hall 187

CLUB MEETINGS START FEBRUARY 3rd

For more information go to: www.bahalana.com

Club Dues \$50 per semester (Sac State Students) \$65 per semester (non students)

Instructors: Maestro Dexter Labonog, Guro Jeff Lopez, Guro James Nordstrom

JOIN US!! For more information, contact Faculty Advisor

Dr. James Miranda (Chemistry) miranda@csus.edu