



**SEMINAR**

HOLON WELLNESS TAEKWONDO

**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, hosingul, ground fighting and much more. **YOU DO NOT WANT TO MISS THIS!** Reserve your spot NOW!!

**MORE INFO:**

Cost: \$150 (\$25 discount if you register for both seminar and tournament)  
 Where: Courtyard by Marriott Cherry Creek-Skyline Ballroom Denver, CO  
 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](http://WWW.HOLONWELLNESS.COM)



**HOLON WELLNESS TKD  
 NEW YEAR TOURNAMENT**

- PATTERNS**
- SPARRING**
- BREAKING**
- FASTEST KICKS**

**SIGN UP NOW AT**  
[WWW.HOLONWELLNESS.COM](http://WWW.HOLONWELLNESS.COM)  
**EARLY REGISTRATION**  
 (BY 1/02/18) \$55  
**LATE REGISTRATION**  
 (AFTER 1/02/18) \$65

**MORE INFO**

JANUARY 20, 2018  
 8:30 AM  
 SLAVENS SCHOOL  
 3000 S CLAYTON ST  
 DENVER, CO 80210

[DANIELA@HOLONWELLNESS.COM](mailto:DANIELA@HOLONWELLNESS.COM)

