

# Guru Besar Rita Suwanda

## Pencak Silat Mande Muda

A seminar presented by Pencak Silat Gerakan Suci

### When:

Saturday, April 14th

Sunday, April 15th

11am to 4pm with a 1-hour lunch

Doors open at 10am for sign-in and warmup.

### Where:

Hwa Rang Kwan

90 Welsh St.

San Francisco, CA 94107

Red Room (upstairs)



### What:

Guru Besar Rita Suwanda is the head of the Mande Muda system and a master teacher able to share a deep understanding of the Indonesian martial arts in practical terms.

### Agenda:

Practical self-defense strategies from Mande Muda including short stick

Weapon play with knife, golok, sarong and long stick

Demonstrasi (2-person technique) to train reaction and timing

- bring your training weapons if you have them!

### Who:

Martial artists of all levels who want training time with one of the living masters of the West Javanese martial arts. The pace will be rigorous and the information useful for anyone with an interest in the Southeast Asian martial arts.

### How much:

The fee is \$120 for two days of training

\$100 for one day of training

Pay via PayPal at [www.opencircleacademy.com/seminars](http://www.opencircleacademy.com/seminars)

### Information:

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