



BANDO TRAINING SEMINAR

November 18th to 19th, 2022
"SEVERN CHRISTIAN CHURCH"
Severn, Maryland

INSTRUCTORS:

Sayaji Duvon Winborne, Ph.D.
Seminar Director
Saya John Tolbert
Saya Bryan Carr
Saya Dwight Lucas
Instructional Staff



REGISTRATION FEE:

NBAA Members – \$100.00
Non-Members – \$125.00
(*** Parking is free and available at
the training site ***)

OBJECTIVES:

- To learn the *Star Form* which is one of the nine basic forms of the Hanthawaddy Bando System;
- To practice the traditional Burmese methods of *Swami* and *Fast-Movement Yoga* for conditioning, coordination, and combat application; and
- To study the self-defense methods of *nerve strikes* and *evasion* against opponents when attacked.

PARTICIPATION REQUIREMENT:

1. General martial-arts knowledge and skills;
2. Knowledge of stances and stepping patterns;
3. Basic knowledge of shielding and evasion;
4. Knowledge of kicking and striking methods;
5. Note pad, note book, pens, and markers;
6. Black clothing [pants, shorts, T-shirts, etc.].

ITEMS PROVIDED:

1. Indoor training facility;
2. Locker rooms for changing;
3. Training pads, bat, staffs, etc.;
4. Striking bags and other equipment, as needed;
5. Mats and safety equipment, as needed;
6. Training handouts with detailed specification.

TRAINING TIMES:

Friday: 3:00 pm–9:00 pm, 18th Nov.

Saturday: 9:00 am–6:00 pm, 19th Nov.

CONTACTS & INFO:

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