

# MUAY THAI KICKBOXING

*JUNE 10, 2006*

*1:35 – 3:35 PM*

*\$25 Per Person*

***THIS WORKSHOP IS OPEN TO ADULTS,  
CHILDREN & GENERAL PUBLIC***

Workshop will consist of:

Muay Thai Basics: Punching, Kicks, Knees and Elbows. Also learn the proper way to use Thai pads.

*White Lotus Kung Fu Studio presents*

*Mark Komuro; Certified Senior Instructor for the United World Muay Thai Association under Kru Vut Kamnark. He has been training fighters for competition since 1992. Mark has trained numerous champions and has worked at the world famous L.A. Boxing Club in Downtown Los Angeles. He is currently teaching at the L.A. Youth Athletic Club Boxing Gym in Lincoln Heights. Mark has also trained in boxing and Aikido.*