

ERIC PARSONS

martial arts seminar

SATURDAY JUNE 29, 2013

SANCHIN KATA

9AM-6PM

TOPICS WILL INCLUDE:

- SANCHIN STANCE AND STRUCTURE
- SANCHIN BREATHING
- THE MOVEMENTS OF THE FORM ITSELF
- OTHER RELATED STRUCTURE DRILLS
- IMPACT TRAINING (STRIKING WITH STRUCTURE)
- APPLICATIONS OF SANCHIN KATA
- AND MORE!

COST: FREE (DONATIONS WELCOME TO OFFSET SEMINAR EXPENSES)

SEMINAR LOCATION:

BELLEVILLE YMCA

2627 CARLYLE AVENUE

BELLEVILLE, IL 62221

PHONE: 618.236.9983



ERIC PARSONS

biography

“One thing that impresses me about Eric is that he’s open and confident enough to invite other instructors to his school. Not so many teachers are comfortable doing that, but I think it’s a mark of a great instructor.”

– Brent Yamamoto, co-founder of the American Totejutsu Association and Northwest Martial Arts.

Eric Parsons began training in Goju-Ryu karate while a sophomore at the University of Missouri. Over the years, he has also studied judo and kobudo (Okinawan weapons), as well as dabbled in a smattering of other arts, but his home has always remained karate, especially Naha-te. During his time in the martial arts, Eric has founded the Blue River Martial Arts Club, written several articles for Iain Abernethy’s Jissen magazine, and was the first North American instructor to have a syllabus approved by the World Combat Association.

In 2004, Eric travelled to Uganda, where he served for two years as a Peace Corps Volunteer. During that time, he created the Bushenyi PTC Karate Club to provide a fun



physical activity for the local students. This club was eventually merged with the Ugandan life skills curriculum and used to promote the complementarities between martial arts study and life skills development for HIV/AIDS prevention. Upon his return to the US, Eric and his wife Sarah started the Karate for Life Foundation, a not-for-profit organization whose primary goal is to support Eric’s former students as they implement the joint life skills/karate curriculum in Uganda. As part of the fundraising efforts in support of Karate for Life, Eric created the “Ask Me About My Bruises” T-shirt campaign, which has proven to be immensely popular. There are currently “Bruisers” on four continents and in over fifteen countries around the world ranging from Norway to New Zealand. The shirts were even featured in the popular web series “Enter the Dojo” and were the official 2012 convention T-shirt for the United Fighting Arts Federation (Chuck Norris’s martial arts organization).

Currently, Eric hosts regular seminars with some of the leading martial artists teaching today, including Kris Wilder, Iain Abernethy, and Rory Miller. Training with these individuals (and several others) has greatly influenced Eric’s approach to karate, the martial arts, and self-protection. Coming full circle, Eric is now serving as the head instructor at his martial arts alma mater, the University of Missouri Karate Club.

ERIC PARSONS registration form

For more information contact:
Steve Barrett at steve.barrett@guardiansma.com

Participant name _____

E-mail _____

Parent/Guardian (if under 18) _____

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Signature _____

Date _____