



# JUDO LEG SWEEPS & TAKEDOWNS USING PRESSURE POINTS

FEATURING INSTRUCTION BY:  
**Jean Paul Bindel 8<sup>TH</sup> DAN**  
FRENCH AFFILIATE  
DILLMAN KARATE INTERNATIONAL

- Began training in Judo in the mid-sixties
- Retired from Paris Police Force (Inspector)
- Head of all DKI in France
- Has worked to spread pressure points all over Europe

- WHERE: **ISLANDERS KARATE**  
10714 w. 163<sup>RD</sup> PLACE, UNIT B  
ORLAND PARK, IL 60467
- WHEN: **SATURDAY, NOVEMBER 14<sup>th</sup>, 2009**
- TIME: **1:00 pm TO 5:00 pm**
- COST: \$40/PERSON – INSTRUCTORS WITH 6 STUDENTS  
ARE FREE
- HOW TO APPLY LEG SWEEPS TO YOUR ART
- THROWS UTILIZING PRESSURE POINTS



TO REGISTER CONTACT:  
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Or CALL 708-460-7360