



Master Moyer's Karate & Kickboxing

INJURY PREVENTION & WARM-UP FOR FIGHTING & ATHLETIC PERFORMANCE TRAINING SEMINAR

*Date: Saturday, December 3rd

*Time: 1-3:30 pm

*Location: Master Moyer's Karate &
Kickboxing
31 Catherine St. Shillington, PA

*Cost: \$25 (\$15 for additional
participants from the same family)

Topics to be covered:

*Warm-Up Design for combat sports

*Injury Prevention & Mobility Exercises for
the shoulder, knee, hip, back, & ankle

*Seminar will include active participation
by attendees and open Q & A session at the
conclusion.

*All attendees will receive a manual
summarizing information from seminar
along with sample routines.

*Ages 13 and up

Presenter:

Jason Mensinger

Certified Athletic Trainer

Performance Enhancement Specialist

Corrective Exercise Specialist

Owner- Mensinger Performance & Fitness Systems

Professor- Athletic Training Education Program, Neumann University

2nd Degree Black Belt- Isshinryu Karate

Registration Form

*NOTE: All participants must sign an injury waiver prior to participation

Name: _____ Email (manual will be sent via email before seminar): _____

Parent's Name (if younger than 18 yrs of age): _____

Address: _____ Phone Number: _____

Emergency Contact (Name & Phone Number): _____

Send Payment Before November 22nd to (make check payable to Jason Mensinger):

Jason Mensinger

68 Michigan Dr.

Sinking Spring, PA 19608

*Payments may also be dropped off at Moyer's Karate & Kickboxing

Contacts: Mensinger Performance & Fitness Systems- 610-301-5591- www.mensingerpandfsystems.com

Moyer's Karate & Kickboxing- 610-775-4417- www.moyerskarate.com

