

## SCHEDULE | RABĪ' SEMINAR

**Sun 10 Nov 2019 | 1.45pm**

Clemency House, Nugget Street, **Oldham**, OL4 1BN

Time	Description
<b>13:45</b>	<i>Registration</i>
<b>14:00</b>	<b>Asr Prayer</b>
<b>14:15</b>	<b>Prof. Mario Sukata</b>
	<b>Understanding the Butterfly Guard [Gi preferred]</b>
<b>15:45</b>	<i>Break</i>
<b>16:30</b>	<b>Maghrib Prayer</b>
<b>16:45</b>	<b>Prof. Ross Nicholls</b>
	<b>Leg Lock Attack System [No-Gi]</b>
<b>18:45</b>	<b>Open Mat</b>
<b>19:30</b>	<i>Break</i>
<b>19:40</b>	<b>Futuwwa Gathering</b>

