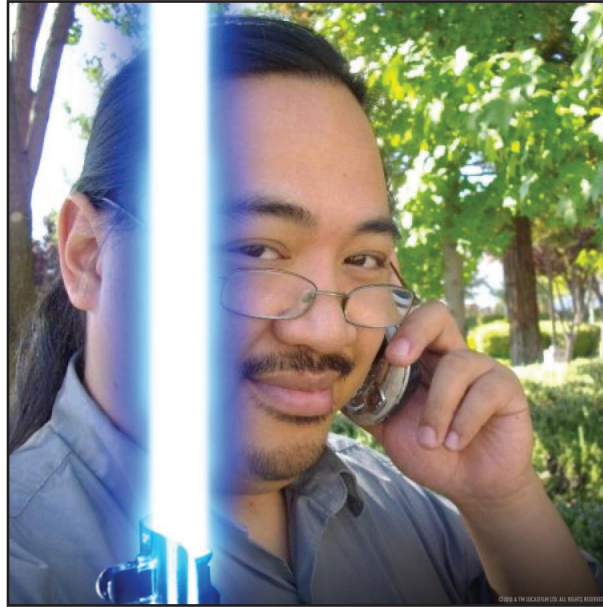




Rey Magdael



Rey Magdael has been studying several different martial arts for the past four decades. His background in both “hard” and “soft” styles has given him a rich appreciation of the ways that practice has touched his life and the lives of everyone he has the pleasure of practicing with. The War Room gives him the all-too-rare opportunity to keep his skills sharp and share his insight to anyone willing to return the favor.

Classes

Sticks

Sticks, staves, batons and other solid pieces of wood have been the go-to weaponry for populations around the world. In this session, Rey will introduce the basic concepts of how to defend yourself when you have this deceptively simple weapon in your hands.

Knives

Facing an opponent with a blade can be intimidating. From icepicks to balisongs to daggers to short-swords, an opponent with a weapon as versatile as this one can be a problem for the uninitiated. In this workshop, Rey will teach you the basics of grip, defensive postures, and how to be effective with a blade at the ready.

Improvised Weapons

You can't plan for everything. But in a pinch, anything can be a weapon if you're holding it right. This workshop will focus on what can happen when you're caught in an impromptu confrontation and how you can effectively leverage items at hand to get through the encounter, as well as the practical, legal and realistic implications there are when you have to be effective at a moment's notice.