



| MONTH/DATE    | DESCRIPTION   |
|---------------|---|
| JANUARY 18–20 | FRLMM Sunrise Seminar: “FORMS 1, 2 & 3”                 |
| MARCH 2–30    | Personal Power: Modern Self-Defense (5 Sundays, 2–6 PM) |
| MARCH 15      | FRLMM Seminar: “AIR”                                    |
| JUNE 14       | AMAFA 37th Anniversary Party                            |
| JUNE 16–20    | AMAFA Summer Camp: “SHUGYO”                             |
| JUNE 21       | FRLMM Seminar: “FIRE”                                   |
| JUNE 23–27    | AMAFA Summer Camp: “SAMURAI”                            |
| JUNE 28       | FRLMM Seminar: “METAPHYSICAL TABLE OF ELEMENTS”         |
| SEPTEMBER 13  | FRLMM Seminar: “EARTH”                                  |
| NOVEMBER 28   | Cardio Arts: “RED FRIDAY”                               |
| DECEMBER 6    | AMAFA Year-End Party                                    |
| DECEMBER 13   | FRLMM Seminar: “WATER”                                  |



FRLMM: “SEA & SKY, LAVA & ROCK” RETREAT IN MAUI 2023



**EBMC "MEDITATION & MOVEMENT" AT SNOW PARK IN OAKLAND 2022**

| MONTH/DATE        | DESCRIPTION  |
|-------------------|--|
| MARCH 22          | "MOKO MOKO" Tournament @ Campbell, CA w/Hans Ingebretsen                           |
| APRIL 11–13       | "Korean Martial Arts Festival" @ Crestview, Florida<br>w/GM Gordon & w/GM McMurray |
| MAY 1             | FRLMM w/EBMC's "POC Sangha" @ Oakland  |
| AUGUST 30         | EBMC's "Meditation & Movement" @ Oakland & w/Mushim Ikeda                          |
| SEPT. 26 – OCT. 5 | International Hapkido Alliance Seminar @ Thailand & w/GM Booth                     |
| OCTOBER 4–5       | "The Gathering" Seminar @ Sacramento w/MACS & w/GM De Alba                         |
| NOVEMBER 7–9      | "FAULTLINE" Tournament & Seminar @ Hollister w/CM Schleeter                        |
| NOVEMBER 22       | "Bruce Lee Exhibit," Chinese Historical Society of America @ San Francisco         |



**CHINESE HISTORICAL SOCIETY OF AMERICA'S "BRUCE LEE EXHIBIT" IN SAN FRANCISCO 2022**