

# SUPERFOOT

*is coming!*

## Train with a MARTIAL ARTS legend

Bill "Superfoot" Wallace Seminar

Hosted by Sensei Ed Yuncza at

E.Y. Martial Arts

& Self-Defense Concepts

3257 Quakerbridge Road,

Mercerville, NJ 08619

[www.eymartialarts.com](http://www.eymartialarts.com)

(609) 558-2274

**Saturday September 25, 2010**  
**TWO SESSIONS**

### Session I: 10:00 to 11:00am

For all students 14 years of age and younger (*all ranks*)

**\$59.00**

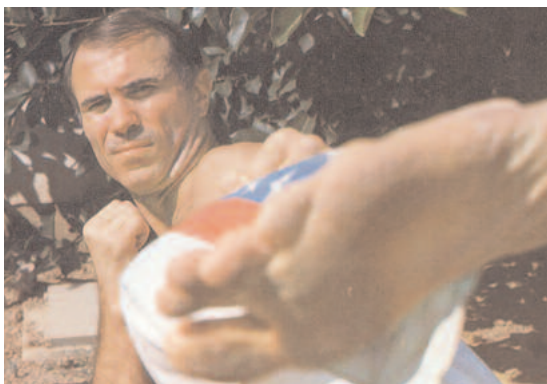
(Early Registration special: register before August 7th and pay only \$39.00)

### Session II: 1:00 to 4:00 pm

For all students over 15 years of age and older (*all ranks*)

**\$99.00**

(Early Registration special: register before August 7th and pay only \$79.00)



### About Bill

Bill Wallace retired as the undefeated Professional Karate Association (PKA) Middleweight Champion after defeating Bill Biggs in a 12-round bout in June 1980. The victory, Wallace's 23rd straight, signaled the end to an illustrious 15-year career in tournament and full contact fighting. Known to the karate world simply as "Superfoot," symbolic of his awesome left leg, which was once clocked in excess of 60 mph, Wallace left a string of battered and bruised bodies along the martial arts fighting trail. He used his foot as others would use their hands, faking opponents with two or three rapid fake kicks and following with one solid knockout technique. His power was amazing, his precision astounding. Wallace, a 5-foot, 10 1/2 inch native of Portland, Ind., began studying karate in February 1967 after suffering a right leg injury in a judo accident. The injury left him without the use of the leg in karate competition. Some observers said Wallace was committing martial arts suicide. Wallace, however, had other ideas. In the next seven years, "Superfoot," named after his manager saw an advertisement for a "super foot long hot dog" at a

sporting event, dominated the point-tournament circuit. As a national champion point fighter three years in a row, Wallace captured virtually every major event on the tournament circuit. The more prestigious victories included: the U.S. Championships (3 times), the USKA Grand Nationals (3 times), and the Top Ten Nationals (2 times). He was such a dominant figure in martial arts that Black Belt magazine, the bible of industry publications, named him to its Hall of Fame three times in seven years — twice as "Competitor of the Year" and once as "Man of the Year." In 1973, Wallace, whose education includes a bachelor's degree (1971) in physical education from Ball State University and a master's degree (1976) in kinesiology (the study of human movement) from Memphis State University, suffered what many considered a career-ending injury. However, one of Wallace's friends, the late Elvis Presley, flew in a Los Angeles acupuncturist to treat the Karate champion at Graceland Manor. A year later, Wallace turned professional and captured the PKA middleweight karate championship with a second-round knockout (hook kick) of West German Bernd Grothe in Los Angeles. He relinquished the crown in 1980, undefeated and respected around the world. Despite his retirement, Wallace continues to be one of the martial arts most popular figures. He is the author of three books: Karate: Basic Concepts & Skills, Dynamic Kicking & Stretching, and The Ultimate Kick. As well as a former member of the President's Council on Physical Fitness, Wallace also has been active in the film industry. His credits include : A Force of One with Chuck Norris; Kill Point, with Cameron Mitchell; Continental Divide and Neighbors, with John Belushi, whom he acted as trainer and bodyguard; Protector, with Jackie Chan; A Prayer for the Dying, with Mickey Rourke; Ninja Turf; and A sword of Heaven.

### Topics to be covered:

- The "Superfoot" kicking method
- How to create openings and score in competition
- Advanced stretching concepts and methodology
- How to improve your strength, speed and overall conditioning
- Paired Sparring Drills\*
- Boxing Techniques (and how to integrate them with your kicks)
- The physiology and psychology of competition

**All ranks and all experience levels welcomed!**

**Seminar space is limited so register today!**

**Participation certificates will be awarded to all attendees.**

\*Sparring gear is required in order to participate in the paired sparring drills segment of the seminar. This includes foam dipped headgear, hand and foot pads, mouth piece and groin cup (for males). Boxing gloves are optional.

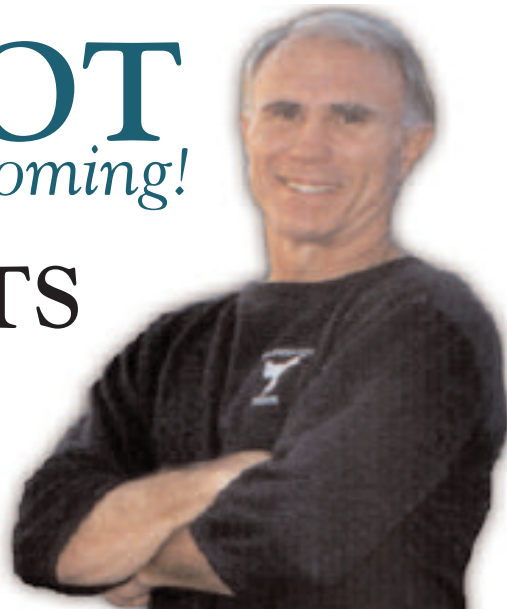
**For additional information call 609-558-2274 or send email to [info@eymartialarts.com](mailto:info@eymartialarts.com)**

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## Bill "Superfoot" Wallace Seminar Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

### Session Attending:

- Session I: 9/25 (kids)**  
 **Session II: 9/25 (adults)**  
 **Black Belt Training Clinic: 9/24**

**This session is open only to active E.Y. Martial Arts & Self-Defense Concepts students.**

Amount enclosed \$ \_\_\_\_\_

Method of payment:  **check**    **money order**    **credit card**    **other**



Make all checks payable to: **E.Y. Martial Arts.**  
Please send payments and complete registration form to:

E.Y. Martial Arts & Self-Defense Concepts  
3257 Quakerbridge Road  
Mercerville, NJ 08619

Please call (609) 558-2274

for additional information or visit our website at [www.eymartialarts.com](http://www.eymartialarts.com)

I, do hereby release all liability and claims against E.Y. Martial Arts & Self-Defense Concepts L.L.C., any sponsoring organization, facility, instructor and any other party involved, due to injuries, accidents, negligence, or any other circumstance arising from participation in this martial arts seminar with respect to any time prior, during and after seminar. I understand that any pictures or film taken of me in participation of this seminar may be used for publicity without compensation.

\_\_\_\_\_  
Signature (or legal guardian's signature if under 18)

\_\_\_\_\_  
Date