

# DOCE PARES

original multi style system

National Martial Art and Sport of the Philippines

e s k r i m a k a l i a r n i s

stick fighting      empty hands  
knife defence      grappling  
sword & dagger      self defence

Lancaster Gate (Thu 7pm)  
Fitness First Chatham Kent (Fri 7.30pm)  
Fitness First Shepherd's Bush (Sat 6pm)  
Fitness First Leyton (Sun 6pm)  
Gymbox St Martin's Lane Covent Garden (Mon 8pm)

Instructor: Ermar 'Alex' Alexander  
5th degree black belt  
3x world champion  
4x british low armour champion

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



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