



St. Louis Speed Bag Convention

January 14-16, 2011

The first annual St. Louis Speed Bag Convention is coming to Mid River's Mall this January.

Calling all amateurs, enthusiasts, hobbyists, and professionals alike, if you have a passion for the bag, this will be an awesome opportunity to learn some great practice techniques and make a couple of new friends.

We are opening the doors to anyone who uses the speedbag in any way, from MMA to punch drummers, from boxers to boot campers. Whether you've been bagging for decades, or just think you want to give it a try, we want to see YOU at the St. Louis Speed Bag Convention.

The 3-day event will be held at the Bushido Dojo located on the first floor of Mid Rivers Mall directly across the corridor from Borders. It will be a come and go atmosphere and completely open to the public (admission is free, but donations to Backstoppers are always welcome).

On top of this being a great get-together, we're also working to help a great cause. All of our proceeds will be going to the Backstoppers charity, an organization dedicated to helping families of individuals who have made the ultimate sacrifice, laying down their lives as police, firefighters, and first responders.

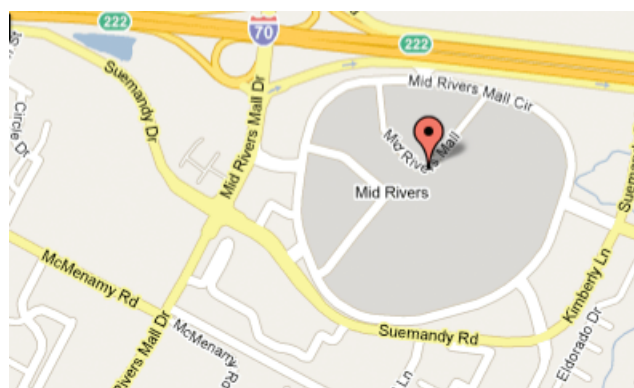
We would like to hold a silent auction to support Backstoppers as well, but this will depend on the number of donors and sponsors willing to help us make this a reality. **If you would like to sponsor our event or donate products or services related to speed bagging or upper body training/coordination, please contact us at stlspeedbag@gmail.com.**

Thanks for your interest in the St. Louis Speed Bag Convention, we'll see you in January!



www.backstoppers.org

Directions To Mid Rivers Mall And the Bushido Dojo



From Hwy. 70, head south on Mid Rivers Mall Drive (exit 222). Take a left at the stoplight after the overpass to enter the mall parking lot (there will be a Taco Bell and a Ruby Tuesday on the corner).

Bushido Dojo is directly underneath Dick's Sporting Goods and across from Borders.

About Bushido Dojo



Bushido Dojo offers for real combat training as well as MMA and sport karate. Keeping to traditional roots and focusing on wholistic training. At their dojo; they train people of all ages, families, and different personal goals. visit us online at www.bushido-doj.com.

For More Info, Visit Us Online

www.stlspeedbag.com
www.youtube.com/stlspeedbag