

DAVIE'S TRAINING CLINICS

Each Monday morning Dave Mathie holds a training clinic. Everyone is welcome regardless of their skill level. Davie reviews things like basic stretching exercises, delivery on the mat, holding the bowl, and has all the attendees work on basic skills by running through various drills. At the end Davie usually has a fun finale for everyone to practice.

If you are having problem with any of your skills or just aren't sure why things aren't working Davie will watch you and have you adjust your stance, delivery, etc. according to what he has observed.