

ASHLA KNIGHTS – SABER FLOW & THE UNITED SABERIST'S ASSOCIATION

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What Is Saber Flow?

By Master Thompson

In short; **“Saber Flow”** is a saber workout and training program based on real world sword fighting techniques and styles. It is my hope that the Saber Flow program will be:

1. An effective stand-alone and/or supplemental exercise program to help develop and establish healthy living practices and habits.
2. A tangible illustration of the fundamental tenets of Ashla Knight's philosophy, practice and path.
3. A vital tool in helping The Order of Ashla Knights bring awareness to vital causes, and a financial means in helping to provide charitable relief, comfort and support to others.
4. A learning platform to help in the development of critical thinking skills and a resource for mind, body, and spiritual betterment and unification.
5. A fun and exciting activity for all ages.

The United Saberist's Association

LET THE GATHERING BEGIN...

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Created as the governing body for Saber Flow Tournaments, **“The United Saberist's Association”** will provide the following:

- Organize Saber Flow tournament events and establish a standard for tournament rules and regulations.
- Eventually help create, organize and promote new Saber Flow competition teams and conduct Saber Flow support events such as workshops and gatherings.
- Organize and/or participate in charitable events.



HONOR RESPECT COMMITMENT

COMING SOON

Saber Flow On-line Store	Custom Ashla Knight's Sabers, Athletic Apparel, Sparring & Tournament Equipment, Essentials For Healthy Mind, Body And Spirit Development And Living.
Media Classes	Saber Flow Training & Exercise DVD Series. Additional Information Is Coming Soon!
U.S.A Events	Tournament Championship – 2013. Saber Flow & U.S.A Gatherings.

ADDITIONAL INFORMATION ON SABER FLOW & THE UNITED SABERISTS ASSOCIATION IS COMING SOON!

ASHL **AK** NIGHTS
SABER FLOW®



LET THE GATHERING BEGIN...

SABER FLOW
CHAMPIONSHIP
TOURNAMENT
2013

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