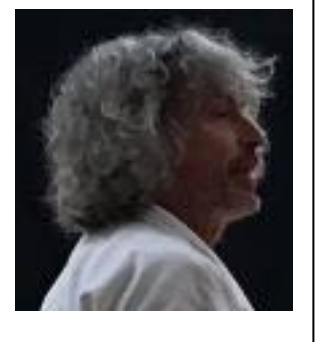
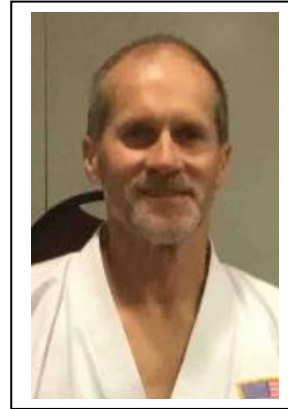


The North Central Region presents:

# 2018 Fall Kumite Seminar

**Instructors: Al Kotula 5<sup>th</sup> Dan**  
**Micheal Fusaro 5<sup>th</sup> Dan**

Focus: Best Attacking Techniques  
Best Defense Techniques  
Setting up the Attack



**When:** November 17, 2018  
12n - 2pm

**Where:** Midwest Karate-Minneapolis  
1200 Plymouth Ave N  
Minneapolis, MN

**Fee:** \$20/student; \$40/Family  
***All Ranks are invited!***

**Shodan, Nidan and Sandan**  
**Dan Examinations: 2:30 pm**



Register at-the-door or order on-line at

<http://ncr-aakf.org>

Traditional Karate  
North Central Region

Regional Representatives of the AAKF

