

Compete

In the Traditional Karate
North Central Region's

Winter Shiai!

When: Saturday, January 19, 2019
12 noon - 4 pm

Where: Midwest Karate Assoc
Minneapolis Dojo
1200 Plymouth Avenue N
Minneapolis, MN 55411
(612) 870-1795

Fee: First Event \$10
Additional Events \$5
Maximum Fee: \$30/Family

Events: 1. Kata
2. Kumite
3. Team Kata & Enbu (no fee)
(demonstration & feedback only)

**Shiai is open to all
ranks and ages.**



WTKF/AAKF
Rules



Traditional Karate North Central Region

Regional Representatives of the AAKF



Register in person at the Shiai or
Online at www.ncr-aakf.org