

# Compete

In the Traditional Karate  
North Central Region's

# Winter Shiai!

**When:** Saturday, January 25, 2020  
12 noon – 3:00pm

**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 including  
adult black belts**

WTKF/AAKF  
Rules



*Sharpen and test your skills for your next test, have fun, and meet fellow karatekas.*

## Traditional Karate North Central Region

Regional Representatives of the AAKF



Register in person at the Shiai or  
Online at [www.ncr-aakf.org](http://www.ncr-aakf.org)