

The North Central Region presents:

"You Pick the Kata" Seminar



Learn a new kata! Work on your current kata as you prepare for your next exam or future competition!

Several senior black belts will be available to coach you on any of the **26 JKA kata!**

Seminar Opportunities:

- * Learn about Kata Body Dynamics, Form, Power, and Transition
- * Kata Competition Experiences

When: March 7, 2020
12noon - 2pm

Where: Midwest Karate-Minneapolis
1200 Plymouth Ave N
Minneapolis, MN 55411

Fee: \$20/student; \$40/Family

All Ranks are invited!



Register at-the-door or online at

<https://store6856141.ecwid.com/NCR-Kumite-Seminar-Sept-16th-p82846118>

Traditional Karate
North Central Region

Regional Representatives of the AAKF

