

Traditional Karate North Central Region Presents:

# 2022 “You Pick the Kata” Seminar



Learn a new Kata! Or, get coaching on the kata you need for your next exam or competition.

## Seminar Opportunities:

- \* Instructors will focus on Form, Transition, Body Dynamics, and Power
- \* Get Feedback on your kata.
- \* Choose a new kata! Instructors will take you through the moves.

**When:** Saturday, January 29, 2022  
12 noon – 2:00pm

**Where:** Shotokan Karate MN  
SKM Dojo  
1200 Plymouth Avenue N  
Minneapolis, MN 55411  
(612) 870-1795

**Fee:** \$20 per student  
Maximum Fee: \$35 per Family



Traditional Karate  
North Central Region

Regional Representatives of the AAKF



Register in-person at the Seminar or at  
<https://www.shotokankaratemn.com/pay-online>