

The North Central Region & Traditional Karate-do Academy at UMN presents:

AAKF National Seminar

We welcome the AAKF Technical Committee for instruction in traditional karate for kata and kumite.

All levels are invited!

When: **April 21-23, 2023**

Friday: 5 - 7 pm

Saturday: 8:30 - 10:30 am

10:45 am - 12:45 pm

2:15 - 4:15 pm

4:30 pm: Examinations

Sunday: 8:30-10:30 am

Where: Van Cleve Recreation Center

901 SE 15th Ave

Minneapolis, MN 55414

Fee: \$100/all sessions, \$70/day,
\$50/session

After April 14: \$120/90/70

US Team mbrs free; non-AAKF add \$40

Hotel: Hampton Inn: \$129; \$139 w/car
2812 University Ave SE, Mnpls 55414
612-259-8797 (incl shuttle to venue)

<https://group.hamptoninn.com/aoqe0o>



Register online or at-the-door (higher rates) at:

<https://tinyurl.com/ywvx9s9w>



Traditional Karate
North Central Region

Regional Representatives of the AAKF

