

ISKA COMPETITION TEAM TRAINING



SATURDAY, SEPT. 23rd, 12:30 - 3:30pm

at the

BENICIA SHOTOKAN KARATE ACADEMY

949 Grant Street, Benicia, CA 94510

(707) 745-1275

As a supplement to the ongoing seminars that are currently on this year's ISKA schedule, we proudly announce the formation of a new Kata and Kumite ISKA Competition Team. The intent is for ISKA Dojos to train for these tournaments and attend together as a team on a monthly basis. There are many great tournaments throughout Northern California and the Valley all year long, as well as National tournaments and qualifiers.

Sensei Kevin Little will be leading the ISKA Competition Team. Sensei Kevin has many years of competition experience and has been training in Traditional Karate for 35+ years.

Our second team training session will be on Saturday, Sept. 23rd, 2017 from 12:30pm to 3:30pm at the Benicia Shotokan Karate Academy. During this training session, we will continue to work on kumite, kata, agility, and conditioning as well as discuss future training goals, survey the needs and interests of the participants, share upcoming tournament competition opportunities, and discuss some of the rules and vernacular of tournament competition.

If you are looking to improve your karate through competitive experiences, these trainings will help you develop and improve your kumite and kata skills, improve your understanding of how tournaments work, and improve your understanding of the judging criteria.

Please RSVP to Sensei Kevin if you are planning to attend this training session:

Email: klittle@santenkarate.com

Phone: (510) 714-4483

WWW.SANTENKARATE.COM