

松 濟 館 空 手 AVIROKAH 手

Shotokan Karate 7th Degree Black Belt

Avi Rokah Seminar

Sunday, September 17th
from 4:00 pm to 6:00 pm

Valley Martial Arts Center
11316 Burbank Blvd.
North Hollywood, CA 91605

Avi Rokah, a Technical Director at
World Budo Karate Association,
US National Team Head Coach
teaches sensei Hedetaka Nishiyama's
Legacy of karate combinig modern
science of physiology and kinesiology

Learn principles to make effective technique with less effort and being relaxed
Learn to read your opponent and beat their timing without conflict of strength

Open for any style of karate
practitioner, any rank and ages
More Info: Jon (310) 388-7274

Seminar Fee: \$40
Pay Online: valleymac.com
or at the door

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