

INTERNATIONAL SAN TEN KARATE ASSOCIATION

Farewell to Summer

BEACH TRAINING

SUNDAY, SEPT 23RD, 2018 at Stinson Beach, CA

WWW.SANTENKARATE.COM

Join us as we say goodbye to Summer

with a refreshing beach karate workout on Sunday, Sept. 23rd, 2018 from ~9am-1pm at Stinson Beach in Marin County. Following the training, we will have a fun potluck - so please bring something to share!

Park opens at 9am, arrive a little early for a good parking spot.

We welcome other karate groups to join us. Training is free. We usually do a brief warmup, kihon drills, kata, and some special water exercises. Please let us know you are coming by RSVPing to info@santenkarate.com. Thank you in advance.

Training to begin at 9:15am. Lunch around noon. Please bring something to share.

We recommend to bring a change of clothes and a couple of towels and trash bags for after training.

Stinson can be chilly if it is foggy/cloudy/windy.

Stinson can be hot if it is sunny. Dress in layers, bring sunscreen, and plenty of water.

Email us with questions: info@santenkarate.com