

30TH ANNUAL WINTER CAMP SPONSORED BY SHOTOKAN KARATE INSTITUTE

KARATE

KATA

KIHON

KUMITE

QI-KUNG

MEDITATION



WINTER 2018 CAMP TRAINING



Call for more information
(510) 526-8334

The Shotokan Karate Institute is hosting its 30th **Annual Winter Camp Training** at the Shotokan Karate Institute's dojo. Training will include "Power Training", "Polymetrics Training", "Endurance Training", as well as intense Shotokan Karate instruction.

This year's camp will be taught by **HANSHI M.A. SHARIFI**, who holds the rank of Ninth Dan and the following certifications: ITKF Certified Tournament Coach, AAKF Certified Ranking Examiner, AAKF Certified Tournament Judge, JKA Certified Instructor, AAKF Certified Karate Coach, ITKF Certified Karate Coach.

SHOTOKAN KARATE INSTITUTE

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Please fill out the registration form and return it along with payment by Jan. 24th. After Jan. 24th only cash payments will be accepted. Space is limited. The cost is \$310. It includes housing, all meals, and instructional fees. An equipment list and directions to the site will be mailed after registration and payment is received.

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FEBRUARY