



KUMITE CLINIC FOR THE CHILDREN OF ST. JUDE, COMMUNITIES THAT CARE & HAITI

HELD AT THE FOCUS DOJO - 9342 VIRGINIA ROAD, LAKE IN THE HILLS ILLINOIS 60156



SENSEI JO MIRZA
Sensei Shotokan Karate
Chairman of The AAU
Chief Instructor TKO Karate International

SHIHAN KIYOSHI NISHIME
Sensei Shima-Ha Shorin-Ryu & Yamani Ryu
1999 National AAU Instructor of the Year
Chief Instructor Nishime Family Karate

SENSEI JOHN LIMCACO
Sensei Shito Ryu Karate
10 time AAU National Champion
AAU/USA National Karate Coach
Chief Instructor IKF Sacramento



SENSEI JOHN ADAMSON
Sensei Shorin Ryu Karate
Member of the AAU National Karate Team
AAU/USA National Karate Coach

SENSEI JOHN FONSECA
Sensei Shotokan Karate
AAU James E. Sullivan Award Nominee
4X Pan American Karate Champion
Chief Instructor Fonseca Martial Arts



SATURDAY MARCH 20, 2010

7:00-9:30 PM

KUMITE STRATEGIES & TECHNIQUES
OPEN TO BLUE BELTS AND HIGHER

RECOMMENDED DONATION OF \$45
(FAMILIES OF 2 OR MORE \$40 EA)

PLEASE MAKE CHECKS OUT TO: **FOCUS MARTIAL ARTS**
Credit Card payment will not be acceptable

MAKE A DIFFERENCE IN A CHILD'S LIFE AND LEARN 5 DIFFERENT TRAININGS METHODS FOR KUMITE FROM FIVE TOP INSTRUCTORS!

KUMITE CLINIC

FOR THE CHILDREN OF ST. JUDE, COMMUNITIES THAT CARE AND HAITI
SATURDAY MARCH 20, 2010

OPEN TO ALL BLUE BELT ATHLETES 9 YEARS AND OLDER

Donation \$45 (FAMILIES OF 2 OR MORE \$40 EACH)
CHECKS ARE TO BE MADE PAYABLE TO FOCUS MARTIAL ARTS

ALL PARTICIPANTS MUST BE CURRENT AAU MEMBERS, NO-VIDEOTAPING WILL BE ALLOWED

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PARTICIPANTS NAME:	AGE:	RANK:	STREET ADDRESS:	CITY:	STATE:	ZIP:
1						
2						
3						
4						
5						

FOCUS MARTIAL ARTS & FITNESS—9342 VIRGINIA ROAD, LAKE IN THE HILLS, IL 60156
(CORNER OF ROUTE 31 AND VIRGINIA ROADS)
(847) 458-0938



WWW.FOCUSMA.COM

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