



2018 PACIFIC NORTHWEST KARATE ASSOCIATION - WINTER SEMINAR -

Greetings fellow karateka,

Our Winter Seminar will be held February 24th and 25th in Vancouver, Washington.

Local senior instructors will provide instruction in a mix of group classes and small group or one-on-one training. We'll cover ground in kihon, kata and kumite and address a broad spectrum of skill levels. All are welcome. There will be something for all levels to enjoy and benefit from.

Sensei Allan Heaton will instruct a training session on Saturday, sharing some experiences and insights from his recent training trip to Okinawa.

PLEASE NOTE: We are subject to federal requirements regarding forms which must be submitted by every person using the VA gym facilities. The venue is an important one for us. Please work with your instructors to file the required forms in a timely manner.

I'm working on events for the rest of the year. Details will follow as available.

Best regards,

Gil Hartl

<p><u>Questions?</u> <u>Ask Gil</u> tel: 541-401-3006 e-mail: hartl@corvalliskarate.com</p>

Event Schedule:

All training will be at:.....VA Medical Center Gym
1601 E. Fourth Plain Blvd., Vancouver, WA 98661

Saturday, 2/24: Registration opens: ...8:30 a.m.

Training starts:.....9:30 a.m.

We'll train 2 hours or so in the morning, take a lunch break then come back for another good training session in the afternoon.

Exams will follow immediately after training.

The Winter PNKA Inc. Board meeting will be held after exams on Saturday.

Sunday, 2/25: Training:9:00 - 10:30 a.m.

Fees: Training at this event is FREE, Exams - standard rates