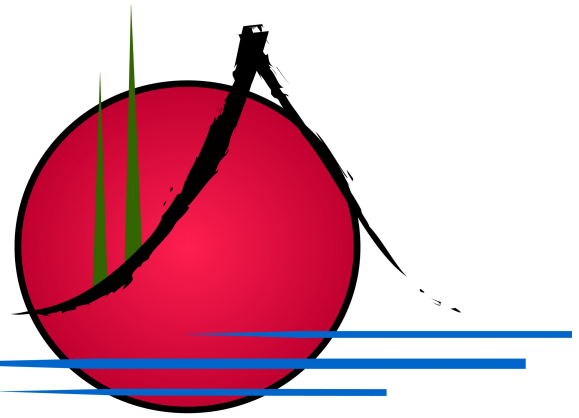


**Pacific Northwest
Karate Association
Fall Seminar
2019**



OCTOBER 18 and 19

Friday

7 - 9 pm

**working on
Gojushiho-sho kata**

please know kata sequence

Saturday

10 am - noon

1 - 3:30 pm

regional instructors

belt tests @ 4pm



**all training at:
VA Medical Center Gym
East 4th Plain Blvd.
Vancouver, WA**

only \$30!!