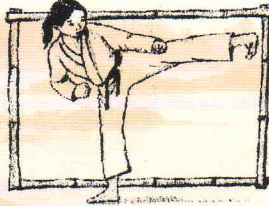


# SHINKYU SHOTOKAN KARATE BEACH WORKOUT



10TH ANNUAL  
NATURAL BRIDGES  
KARATE BEACH WORKOUT  
PICNIC AND BARBECUE



CHIEF INSTRUCTOR SENSEI LEROY RODRIGUES  
INVITES YOU TO PARTICIPATE IN THIS WARM GATHERING OF  
MARTIAL ARTISTS

" TO HAVE SOME FUN IN THE SUN "  
SUNDAY, JULY THE 18, 2010

THE WORKOUT WILL BEGIN EARLY MORNING AT 9:00AM  
WE WILL TRAIN FOR ONE HOUR

UNIFORM IS REQUIRED (ONE WHICH CAN GET WET!!!!)

PLEASE, BRING A CHANGE OF CLOTHES FOR WE DO INTEND TO GET CLOSE  
TO THE WATER

INSTRUCTORS BEWARE FOR STUDENTS HAVE A TENDANCY TO TRY TO TOSS  
US IN AFTERWARDS!!!!

**BRING A POT LUCK FOR PICNIC, WE WILL HAVE SOME FUN WET GAMES SO BRING YOUR  
TOWELS. WE HAVE RESERVED A PICNIC AREA AND BBQ PITS LOOK FOR OUR BANNER**

**THAT SAYS: SHINKYU SHOTOKAN KARATE**

**WE WILL NEED SOME HELP ON CONTRIBUTIONS TO HELP COVER COST OF PARK  
RESERVATIONS, \$10.00 PER PARTICIPANT, ISSUE CHECK TO: SUE MILLER**

**SEND TO: SHINKYU SHOTOKAN KARATE, C/O SUE MILLER**

**304 KAINS AVENUE, SAN BRUNO, CA. 94066**

**FOR MORE INFO. CALL: SUE MILLER (650) 952-4275**

**OR VISIT OUR WEBSITE AT [WWW.SHINKYUSHOTOKAN.US](http://WWW.SHINKYUSHOTOKAN.US)**

**IT WILL HAVE THE INFO: FOR NATURAL BRIDGES STATE PARK**

