

SHINKYU SHOTOKAN KARATE
NATURAL BRIDGES BEACH WORKOUT
SANTA CRUZ, CALIFORNIA
JULY 18, 2010 8:30AM

NEED FORM ASAP!!!! NO LATER THAN 7/15/10

Main Contact Person: _____

Karate PARTICIPANTS (please print)	Belt Color
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

#of people in your group (including participants, siblings, relatives, friends, etc.): _____

Potluck Items(s): _____

Phone# _____ **Email:** _____

Workout Attire: Karate Uniform. Swimsuit, t-shirt underneath uniform. Jacket or sweatshirt recommended prior to workout. Beach attire after workout.

Cost: \$10.00 per Karate workout participant to cover BBQ Picnic Area Park Reservation Permit, Food, Supplies, Games, etc.

CASH OR MAKE CHECK PAYABLE TO: Sue Miller

For more info: www.shinkyushotokan.us