

**SHINKYU SHOTOKAN KARATE**  
**NATURAL BRIDGES BEACH WORKOUT**  
**SANTA CRUZ, CALIFORNIA**

SUNDAY, JULY 24, 2016 8:30AM

NEED FORM ASAP!!!! NO LATER THAN 7/16/16

Main Contact Person: \_\_\_\_\_

Karate PARTICIPANTS (please print)

Belt Color

- |          |       |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

NO#of people in your group (including participants, siblings, relatives, friends, etc.): \_\_\_\_\_

Potluck Items(s): \_\_\_\_\_

Pot luck examples: Your favorite recipe- salads, appetizer, desserts or snacks

We will supply breakfast, hamburgars, hot dogs and drinks (water and jucies)

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.

Make check payable to: Sue Miller, C/O Shinkyu Shotokan Karate  
304 Kains Ave. San Bruno, Ca. 94066

For more info: [www.shinkyushotokan.us](http://www.shinkyushotokan.us)