

Our 33rd Anniversary Celebration



The American Karate And Tae Kwon Do Organization

SEMINARS & AWARDS BANQUET

Saturday, March 21, 2009

Seminars and Examinations will be at the
Richardson, TX YMCA, 821 Custer Rd., Richardson 75080

One Seminar \$20, both seminars \$30.
(A-KaTo Members take off \$5.)

10 am–11 am **YAWARA STICK**

Sometimes called a Kubotan, this small instrument is used by law enforcement and regular citizens as a self-defense tool. (Let us know and we'll order one ahead of time for you: \$5.95) You must be 13 years old to attend class.

with former law enforcement officer and Grandmaster **MIKE PROCTOR**



11:15 am–12:15 pm **PRACTICAL KICKING**

Striking stylists (karate and tae kwon do) know how to kick. But can you really do it effectively? Do you kick high or low? Snap or thrust? You'll learn why sport kicks don't work in self-defense. All ages.

with Master Instructor **JON ALSTER**



12:15–1:45 pm LUNCH (several places nearby)

1:45 pm **ADVANCED BLACK BELT PROMOTIONAL EXAMINATIONS** (the public is invited to watch)

EVERYONE GETS "CLEANED UP" AND WE HEAD TO DOWNTOWN DALLAS FOR THE BANQUET.

6:50 pm **AWARDS BANQUET** at The EMPIRE ROOM on the 48th floor of 1401 Elm St.
in **Downtown Dallas** Between Akard and Ervay – on the Dart line (see map on back)

Banquet tickets
\$29 adults,
\$18 kids under 12
(Families, take
\$2 off second ticket,
\$3 off third ticket and
\$4 off fourth ticket)



Special Speaker: Judge Roy Kurban, former world
karate champion and "Black Belt Magazine"
Man of the Year

www.akato.org

REGISTRATION FORM

A-KaTo's 33rd Annual Seminars & Awards Banquet Saturday, March 21, 2009

name(s) _____ child adult
 address _____
 city, state, zip _____ email _____
 school/instructor _____

REGISTER US FOR THESE SEMINARS — *If one person does 2 classes it's just \$30 – AND A-KaTo members save an additional \$5*

_____ No. of participants for **YAWARA STICK** with Mike Proctor
 _____ No. of participants for **PRACTICAL KICKING** with Jon Alster
 _____ No. of Adult Meals (12 or older) _____ No. of Children's Meals (under 12)



One seminar \$20, Two seminars \$30 per person	\$ _____	Mail your check and this form to: AKATO 1218 Cardigan St. Garland, TX 75040
A-KaTo current member discount (subtract \$5)	\$ - _____	
Adult Banquet seat \$29, Child seat \$18	\$ _____	
Family discounts (subtract \$2 on second person, \$3 on third person, and \$4 on fourth person).	\$ - _____	
Amount Enclosed \$		

 Tear off and keep bottom part for your reference.

THE SCHEDULE

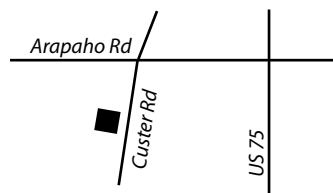
At the Richardson YMCA

- 10:00 **YAWARA STICK**
- 11:15 **PRACTICAL KICKING**
- 12:15 **Lunch**
- 1:45 **Higher Black Belt Demonstrations**

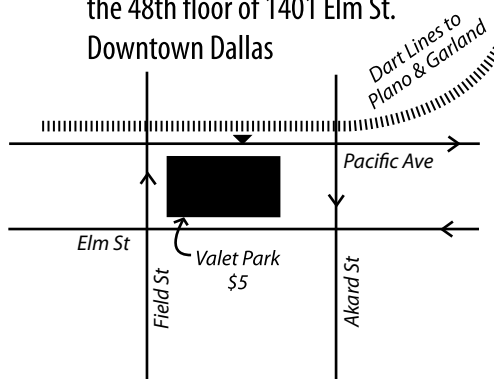
At the Empire Room

- 6:20 pm *Doors open*
- 6:50 pm **BANQUET**

Seminars at the Richardson YMCA
 821 Custer Rd., Richardson 75080



Banquet at the Empire Room on
 the 48th floor of 1401 Elm St.
 Downtown Dallas



Going home on the train:

- Red Line trains leave for Richardson/Plano from Akard Station
- 9:34 pm
 - 9:54
 - 10:14
 - 10:34
 - 10:54
- Blue Line trains leave for Garland from Akard Station
- 9:18 pm
 - 9:43
 - 10:03
 - 10:23
 - 10:43