

Help
celebrate
our 47th
year!



AMERICAN KARATE AND TAE KWON DO ORG. SEMINARS AND AWARDS LUNCHEON

SATURDAY, MARCH 25, 2023



PRACTICAL COMBAT

Australia's *Master Colin Wee* has traveled to several countries developing his expertise on the principles of personal combat and has developed a worldwide following on social media. This is a unique opportunity to learn from a master.

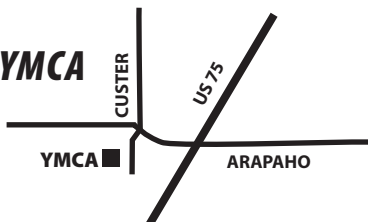


SPORT KARATE

Grandmaster Mike Bonstaff is one of the top tournament champions in Louisiana karate history. He owns Wolfpack Karate near New Orleans and will bring his extensive experience as a competitor, coach and tournament promoter.

Richardson, TX YMCA

821 Custer Rd
Richardson, TX
75080



6:00–7:30 FRIDAY EVENING **BLACK BELT WORKOUT** @ the YMCA
Taught by several Grandmasters — **FREE**



TRADITIONAL KARATE

Master Vivica LaMarche, senior female in Renbudo karate-do, has trained extensively in Okinawa itself and brings a unique perspective on traditional karate as practiced in its ancient birthplace.

All seminars and a box lunch from Jason's Deli—\$45 (OR just \$30 each for a family of 3 or more)

When you sign up you can pick your sandwich (or even veggie).

IMPORTANT: We have to know how many box lunches by Thursday March 23.

You can still participate by paying at the door and bringing your own lunch.

👉 We will order additional box lunches for family members for \$15 if you let us know by March 23.

9 AM Registration—**PAY AT THE DOOR \$40 PER PERSON** (You'll have to bring your own lunch)

9:30–9:45 **TaiChi** warm-ups for ALL STUDENTS

	KIDS TRACK All Belts to age 11	ADULTS TRACK Under Black 12 and up	BLACK BELT TRACT 12 and up
9:50–11:00	Vivica LaMarche	Colin Wee	Mike Bonstaff <i>Bring your sparring gear.</i>
11:10–12:20	Colin Wee	Mike Bonstaff <i>Bring your sparring gear.</i>	Vivica LaMarche
12:30–1:45	THE 2023 AWARDS LUNCHEON catered by Jason's Deli		
1:50–2:15	Special Demonstrations by AKATO students & teachers		
2:30–3:40	Mike Bonstaff <i>Bring your sparring gear.</i>	Vivica LaMarche	Colin Wee



**Before Thur. March 23,
pay Mr. Yates directly
at the YMCA or via PayPal
at www.akato.org** 👉

**After that you'll pay \$40 at
the door and will have to
bring your own lunch.**