



AMERICAN KARATE AND TAE KWON DO ORG. SEMINARS AND STUDENT- AWARDS LUNCHEON SATURDAY, MARCH 23, 2024

**HELP
CELEBRATE
OUR 48TH
YEAR**



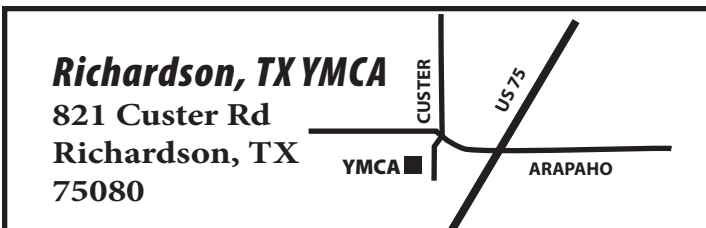
Sparring Techniques (No sparring gear needed)

Grandmaster Stephen Starnes owns and operates his North Texas Karate Academy in Bridgeport. He has won championships in both sparring and kata. He holds a 9th degree black belt.



Situational Self-Defense and Preparedness

Grandmaster Cliff Dillehay, is a former and current Texas State champion, 9th degree black belt, and long-time Kenpo Karate instructor. A retired public-school teacher he is sought after for his dynamic seminars.



Judo Throws and Takedowns

Master Thomas Merhout, is a champion in both Karate and Judo. He has taught martial arts for many years and holds a 6th degree black belt. He and his wife Jessica opened Bulldog Judo in 2015.



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

SPECIAL EVENT – YMCA Team Competition
Richardson vs Plano YMCA 1:45 pm

All seminars and a box lunch from Jason's Deli—\$49 (OR just \$33 each for a family of 3 or more)
When you register you can choose your sandwich.

IMPORTANT: We must know how many box lunches by Thursday March 21.

BUT 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 21.

9:30 AM Registration—**PAY AT THE DOOR \$40 PER PERSON** (You'll have to bring your own lunch)

	KIDS TRACK All Belts to age 11	ADULTS TRACK Under Black 12 and up	BLACK BELT TRACK 12 and up
9:50–11:00	Cliff Dillehay	Stephen Starnes	Thomas Merhout
11:10–12:20	Stephen Starnes	Thomas Merhout	Cliff Dillehay
12:30–1:45	THE 2023 AWARDS LUNCHEON catered by Jason's Deli		
1:50–2:15	Richardson vs Plano YMCA Team Matches		
2:30–3:40	Thomas Merhout	Cliff Dillehay	Stephen Starnes



Before Thur. March 21, 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.