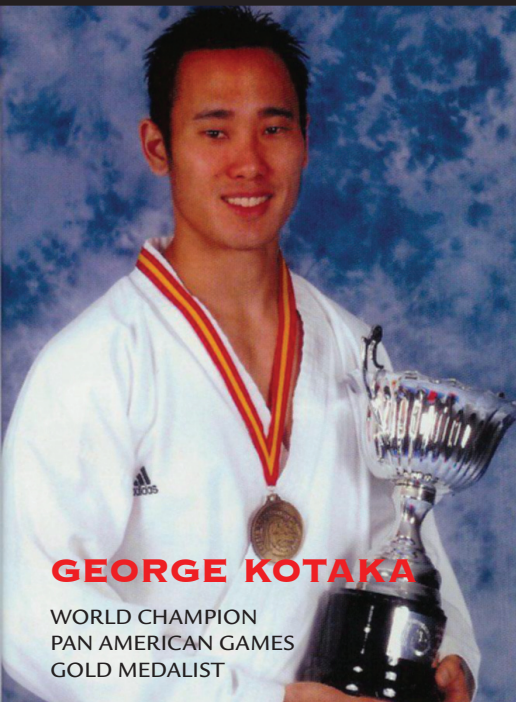




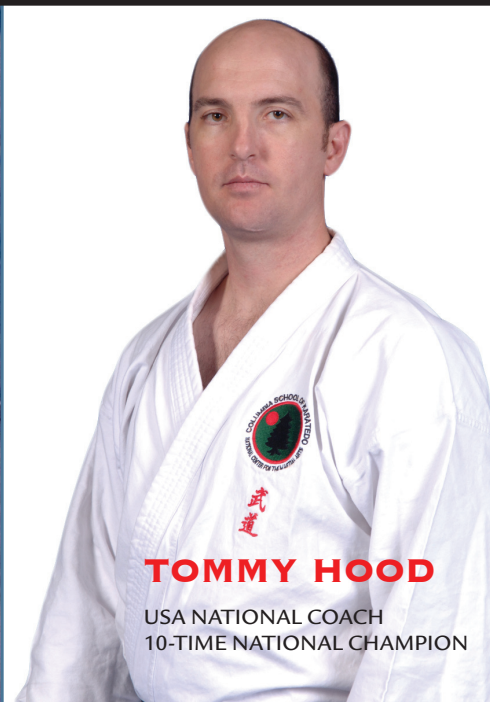
FONSECA
MARTIAL ARTS

Karate seminar



GEORGE KOTAKA

WORLD CHAMPION
PAN AMERICAN GAMES
GOLD MEDALIST



TOMMY HOOD

USA NATIONAL COACH
10-TIME NATIONAL CHAMPION



DUSTIN BALDIS

USA NATIONAL COACH
7-TIME NATIONAL CHAMPION

You'll learn:

Competition-winning techniques

Ring strategy

Strength & Conditioning drills

Tournament preparation

...and much more!

12pm

Welcome

12:15 - 1:15

George/upstairs dojo
Tommy/downstairs dojo

1:30 - 2:30

George/upstairs dojo
Dustin/downstairs dojo

2:30

Conclusion

Date **Sunday, October 26**

Time **12pm - 2:30**

Location **Fonseca Martial Arts' Evanston Dojo — 823 1/2 Chicago Avenue**

Registration fee **\$ 50**

Contact **Elisa Au Fonseca, 847-866-0200**