

THIS YEAR SPECIAL SEMINARS OPEN TO THE NON-MARTIAL ARTS PUBLIC



FOR SENIORS — USING A CANE FOR SELF-DEFENSE

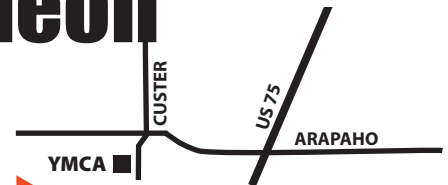
As a community service these two classes open to the Non-martial arts public for just \$5 each.

FOR KIDS — ANTI BULLYING AWARENESS & TECHNIQUES



AKATO's 2019 Seminars & Awards Luncheon

SAT., MARCH 30, 2019, RICHARDSON YMCA



Richardson YMCA
821 Custer Road,
Richardson, TX 75080

9:30 AM REGISTRATION/CHECK IN *Each class regularly \$12 (Members \$10)*

10 – 11:45 SPECIAL COMBAT-CANE TECHNIQUES & PRINCIPLES *

MASTER CHRIS FOLMAR Not just for senior citizens, utilizing a weapon for self-defense is a necessary skill today. We will have canes for participants.

** As a community service, this class open to the non-martial arts public for \$5.*

11:45 – 1:15 AWARDS LUNCHEON Student of the Year Awards from the AKATO schools as well as our Martial Arts Tenets Awards. Lunch will be catered by Jason's Deli and we'll have several delicious choices available (see below). **BUT YOU MUST GET YOUR RESERVATIONS IN BY NOON ON FRIDAY, 3/29.**

ADULTS—VITAL STRIKES AND THROWS FROM KATA

MASTER CHRIS FOLMAR Back by popular demand, an examination of the historical, real-life fighting applications of our training patterns. **15 YEARS OLD AND UP.**

1:15 – 2:30

KIDS—SPECIAL ANTI-BULLYING SEMINAR *

GINNY TYLER Experienced children's instructor and well-known author of kids books. **KIDS UNDER 15.**

Each class regularly \$12
BEST DEAL → \$35
All-Day Pass
AKATO Members ONLY

2:30 – 3:40 ONE-STEP SPARRING/DEFENDING AGAINST A KNIFE/JUJITSU GROUND FIGHTING

YSABEL MERHOUT, KATHY RHINE, JON ALSTER Three rotating seminars will enable you to spend twenty minutes on each specific topic. We'll divide each group by age and rank so you can work with your peers.

REGISTRATION FORM

Adult name(s) _____
 Child name(s) _____
 Address _____
 City, State, Zip _____ Email _____
 School/Instructor _____

Each class regularly \$12 (\$10 for AKATO Members)

BEST DEAL: All-Day Pass, includes lunch: \$45 (AKATO Current Members Just \$35) _____ # of participants
 JUST LUNCH FOR \$10 EACH _____ # of extra lunches _____ # Turkey _____ # Ham _____ # Veggie

TOTAL ENCLOSED \$ _____

Mail form & check to: AKATO, 1218 Cardigan St., Garland, TX 75040
—or register via PayPal at www.akato.org