

Help
celebrate
our 47th
year!



AMERICAN KARATE AND TAE KWON DO ORG. SEMINARS AND AWARDS LUNCHEON SATURDAY, MARCH 25, 2023



PRACTICAL COMBAT

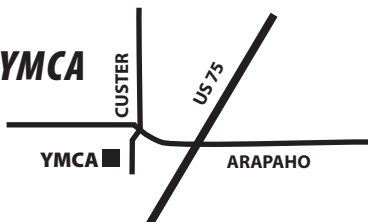
Australia's *Master Colin Wee* has traveled to several countries developing his expertise on the principles of personal combat and has developed a worldwide following on social media. This is a unique opportunity to learn from a master.



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



TRADITIONAL KARATE

Master Vivica LaMarche has trained extensively in Okinawa and brings a unique perspective on traditional karate as practiced in its ancient birthplace.

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

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

We'll get a variety of meat sandwiches and several vegetarian salads.

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.**