

# INTERNATIONAL SAN TEN KARATE ASSOCIATION SHOTO DOJO



Spring Seminar on Saturday, **May 31**, and Sunday, **June 1**, 2008 by

## Master Vincent Cruz



Over fifty years of Karate experience; 9<sup>th</sup> Dan (9<sup>th</sup> degree Black Belt).  
1956: Started training with Obata Sensei and Nishiyama Sensei (Tokyo).  
1959: U.S. Air Force instructor of Combative Measures for SAC pilots.  
Introduced Shotokan Karate to Panama when he was stationed there.  
Father of Shotokan Karate in Panama and in Puerto Rico.  
Founder and leader of International San Ten Karate Association.  
Built ISKA to a worldwide organization, reaching six continents.  
Author of several books on Shotokan Karate.

Don't miss this opportunity to train with a living legend, one of the world's leading Shotokan Karate experts. Learn ways to improve your body dynamics, speed, power, and focus.

### Don Callejon School

Multi-Purpose Room (Building A)  
4176 Lick Mill Boulevard (near Montague Expressway)  
Santa Clara CA 95054

### Saturday, May 31, and Sunday June 1, 2008

Saturday, May 31

9:30am –	Registration at the door (for those who don't <b>pre-register</b> )
10:00am – 10:45am	<b>Tiny Tigers</b> (ages 4 – 6) Age appropriate training, and special drills
11:00am – 12:30pm	<b>Kids</b> (ages 6 – 12) Basic Fundamentals and Combinations
2:00pm – 4:00pm	<b>Adults &amp; Teens</b> , Intermediate/Advanced <b>Kids</b> Precept of basic Karate, Kata Sankaku and Shikaku (San Ten training kata)

Sunday, June 1

10:00am – 12:00n	<b>Adults &amp; Teens</b> , Intermediate/Advanced <b>Kids</b> Review Sankaku and Shikaku, Bunkai and Self Defense applications
1:00pm – done	ISKA <b>Dan</b> testing

(Curriculum subject to change at Master Cruz's decision.)

### Registration (Pre-registration through May 16)

Tiny Tigers	\$20.00 for 1 seminar
Kids	\$25.00 for 1 seminar, \$50.00 for 2 seminars, \$70.00 for 3 seminars
Adults & Teens	\$35.00 for 1 seminar, \$60.00 for 2 seminars

Pre-registration, by **May 16**, deduct \$5.00 per seminar. Pre-register through your sensei or by mail.

#### Contact Information:

Shoto Dojo	P.O. Box 2220	Sunnyvale CA 94087	
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