

INTERNATIONAL SAN TEN KARATE ASSOCIATION
SHOTO DOJO



5th Annual Spring Seminar on Saturday and Sunday, May 19 & 20, 2012 by

Master Vincent Cruz



Over fifty years of Karate experience; 10th Dan (10th 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.

Montague Elementary School

Multi-Purpose Room
750 Laurie Avenue (near Montague Expressway)
Santa Clara CA 95054

Saturday and Sunday, May 19 & 20, 2012

Schedule (for both Saturday and Sunday)

9:00am –	Registration at the door (for those who don't pre-register)
9:30am – 10:15am	Tiny Tigers (ages 4 – 6) Age appropriate training, and special drills
10:30am – 12:00pm	Kids (ages 6 – 12) Basic Fundamentals and Combinations
1:30pm – 3:30pm	Adults & Teens , Intermediate/Advanced Kids Precepts of basic Karate, special San Ten training kata
3:45pm – 4:45pm	Advanced (Purple/Brown/Black Belt; 5 th kyu, up) Additional Training (only on Saturday; no Advanced class on Sunday).
6:30pm –	Saturday Dinner with Hanshi Cruz and visiting Dans (separate cost).

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

Registration (Pre-registration through May 4)

Tiny Tigers	\$20.00 for 1 seminar, \$35.00 for 2 seminars
Kids	\$25.00 for 1 nar, \$45.00 for 2, \$60.00 for 3, \$80 for 4 or more seminars
Adults & Teens	\$35.00 for 1 seminar, \$65.00 for 2, \$90.00 for 3 seminars

Pre-registration, by **May 4**, deduct \$5.00 per seminar. Pre-register through your sensei or by mail.

Contact Information:

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