

NOKOMIS MARTIAL ARTS

3 EVENTS IN 1

SEMINARS TOURNAMENT &

BBQ PICNIC

Sunday August 8th 2010

Lake Hiawatha Ball field

2701 E 44th street, Minneapolis, MN 55406

Hosted by



Nokomis Martial Arts

Courtesy Integrity Self-Control Perseverance Indomitable-Spirit

Registration:	9:30 - 10:00
Introduction:	10:00 - 10:15
Training Seminars	10:30 - 12:00
Forms, Sparring, Breaking	12:15 - 2:00
BBQ Lunch:	2:00 - 3:30
Entry fee for one or all events (lunch included)	\$30.00
BBQ Lunch only	\$ 5.00

This event is designed for those of us with little or no tournament experience as well as a training opportunity for competitors and judges alike

More information on-line at www.nokomismartialarts.com

Tae Kwon Do is a Contact Activity!

This is an IBBF event. Participation by invitation only

Some of the participating schools

