



*The Shotokan Karate Academy,*

**ISKA**

Present

The 14<sup>th</sup> Annual Benicia Shotokan Karate Academy Winter Seminar with

## **Master Vincent Cruz**

Saturday February 27, 2010



- ❖ Seminar, with Master Cruz, the founder and head of the International Santen Karate Association.
- ❖ Master Cruz, is a living legend, who introduced the art of Shotokan Karate to Panama. He went on to build his organization in the US and Internationally, which now has a presence in all major continents.
- ❖ Learn concepts to help you improve your concentration of power and body dynamics.
- ❖ You can't afford to miss this opportunity to train with one of the World's Leading Masters of Karate-Do!

**When: Saturday February 27, 2010**

(Please arrive early for registration)

**1:00 PM to 2:30 Youth Session**

**3:00 PM to 5:00 Adult Session**

**Where: Family Martial Arts of America**

**984 Howe Road  
Martinez CA. 94553**

**Cost:**

**\$35 Adults**

**\$25 Youth Session (Athletes under 15 years)**

***Please RSVP pronto!***

**Call for more information: Kyoshi Llewelyn 510-599-0581 (Mobile)  
707-745-1275 (Dojo)**