

International Hayashi-Ha Shito Ryu Federation

Technical Seminars

October 7-9, 2011

Bellevue, WA



Schedule of Events:

- Friday, October 7:** 11:00-1:00pm – Instructor/Committee Meetings
4:00- 5:00pm: Age 9 and under, all levels (Kata)
5:00-6:00pm: Age 9 and under, all levels (Kumite)
6:00-8:00pm: Ages 10 & above, all levels (Kata)
- Saturday, October 8:** 9:30-10:30am: Age 9 and under, all levels (Kata)
10:30-11:30am: Age 9 and under, all levels (Kumite)
12:00-2:00pm: Age 10 and above, all levels (Kata)
2:30-4:30pm: Age 10 and above, all levels (Kumite)
7:00pm – 10:00pm – Washington Karate Association
45th Anniversary Banquet
- Sunday, October 9:** 10:30-12:30pm: Age 10 and above, all levels (Kata)
1:00- 3:00pm: Age 10 and above, all levels (Kumite)
3:00-5:00pm: Weapons (all levels, but must have some experience)

Cost: 9 & under - \$150/all or \$100/seminar, 10 & above - \$250/all or \$150/seminar
(Family discount - \$50 off for 2 members, \$100 off for 3 members)

Host Hotel:

Residence Inn by Marriott 14455 NE 29th Place, Bellevue, WA 98007 (425)882-1222 bellevuesales@ih-corp.com
mention "Washington Karate" to get special rate: \$149/night 2br/2ba penthouse suite or \$99/night studio suite