

Our 36th Anniversary Celebration

# The American Karate And Tae Kwon Do Org.

## SEMINARS & AWARDS BANQUET

Saturday, March 31, 2012



This year partnering with the  
American Karate Black Belt Assoc.

*"A Day with famed author and sensei, Tony Annesi"*

Both the Seminars and Awards Banquet will be at the  
**Richardson, TX Y**, 821 Custer Rd., Richardson 75080

One Seminar \$30, both seminars \$45.  
(A-KaTo & AKBBA Members subtract \$5)

### 10 am–NOON am **Foundations of Personal Combat**

Some say the "secrets" of karate have been lost over the generations. But **Tony Annesi** has devoted decades to discovering the foundations of the fighting arts. Students and instructors alike will benefit tremendously from Kyoshi's depth of understanding and renown teaching skills. A teacher for almost 50 years, Annesi holds black belts in karate, judo and aiki-jujutsu. Must be at least ten years of age to attend.

NOON–1:30 pm LUNCH (several places nearby)

### 1:30 pm–3:30 pm **High-Level Kata**

Can kata really teach you self-defense? Kyoshi Annesi will build on the foundations he presented in the first session and will dig into the intricate moves of several black belt kata such as Basai and WonKon. Hint: they incorporate grappling, throwing and pressure point attacks. You don't have to know these forms to benefit from a fascinating look at the original "bunkai" of these ancient patterns. Recommended for brown and black belts but anyone is welcome.

### 6:30 pm–9 pm **Awards Banquet**

Although this is primarily an awards banquet for the AKATO, we'll have entertaining demonstrations, special guests, and the keynote by Kyoshi Annesi. Everyone is welcome to come enjoy the evening.



**Banquet Tickets**  
\$32 adults,  
\$24 kids under 12  
(Families, take  
\$2 off second ticket,  
\$3 off third ticket and  
\$4 off fourth ticket)

[www.akato.org](http://www.akato.org)



# REGISTRATION FORM

## A-KaTo's 36th Annual Seminars & Awards Banquet Saturday, March 31, 2012

Adult name(s) \_\_\_\_\_

Child name(s) \_\_\_\_\_

Address \_\_\_\_\_

City, state, zip \_\_\_\_\_ email \_\_\_\_\_

School/instructor \_\_\_\_\_

### REGISTER US FOR THESE SEMINARS

*\$30 for one seminar. If a person does both classes it's \$45 OR just \$40 for AKATO and AKBBA members (must be current & paid up).*

\_\_\_\_\_ No. of participants for FOUNDATIONS OF PERSONAL COMBAT

\_\_\_\_\_ No. of participants for HIGH LEVEL KATA

### BANQUET \$32 Adult, \$24 Child. Deduct \$2 for second FAMILY member, \$3 for third, and \$4 for fourth.

\_\_\_\_\_ No. of Adult Meals (12 or older)      \_\_\_\_\_ No. of Children's Meals (under 12)

<i>One seminar \$30, Two seminars \$45 per person</i>	\$ _____	<b>Mail your check and this form to:</b>  <b>AKATO 1218 Cardigan St. Garland, TX 75040</b>
<i>Each AKATO / AKBBA member can subtract \$5 from above</i>	\$ - _____	
<i>Adult Banquet seats \$32, Child seats \$24</i>	\$ _____	
<i>Family discount \$2 for second person, \$3 for third, \$4 for fourth.</i>	\$ - _____	
<b>Total Amount Enclosed</b>		\$ _____

Keep this bottom part for your reference if you need it.

### SCHEDULE

- 10 AM – Noon **FOUNDATIONS OF PERSONAL COMBAT**
- NOON – 1:30 **LUNCH**
- 1:30 – 3:30 **HIGH LEVEL KATA**
- 6:30 – 9 PM **AWARDS BANQUET**

Events at the Richardson Y  
821 Custer Rd., Richardson 75080

