



Uechi Ryu Regional Workout May 30, 2026

wkadojo.com/regional

[RSVP here](#)

All age, ranks, and associations welcome!

Cost: Free!

Donations welcome. Use Zelle in your banking app to send to wkadojo1996@gmail.com

Schedule

9:00 am Doors open. There are locker rooms. We'll be in the gym.

9:30—10:00 Bow in, Junbi Undo, Hojo Undo

10:00—11:00 Session 1 (Topic TBD)

11:00—11:15 Group Photo & Break

11:15—12:15 Session 2 (Topic TBD)

12:15 —12:30 Close & Clean up. Time for questions.

Location

Twinbrook Community and Recreation Center Gymnasium, Rockville MD

12920 Twinbrook Pkwy Rockville, MD 20851

Free onsite parking. Near Twinbrook Metro.



Hosted by:  Washington Karate Academy