

August 2019

Matsubayashi Karate Seminar with Steve Trombley – Kyoshi, 7th Dan

What: August 2019 seminar with Sensei Trombley. Mr. Trombley has been active in the Martial Arts continuously since 1963. He has studied the Matsubayashi Shorin-ryu system for 30 years and trained under Master Takayoshi Nagamine. In addition to his karate training, Mr. Trombley continues his practice of Japanese sword arts of Iaido and Kendo in his spare time.

Where: Karate Shorinryu Sunnyvale, KSS, 1642 Canary Dr., Sunnyvale, CA 94087
Note: if we need more space, we may relocate outside to Ortega park (down the street)

Who: Open to all Matsubayashi Shorinryu karateka 14 years of age or older, AND any past Matsubayashi students (if nothing else, feel free to drop by Sunday for free beer and pizza, and say hi!). Feel free to pass this offer along.

When: Friday Aug 16th to Thursday Aug 22, 2019

Friday, Aug 16 th	7:00pm – 9:00pm	Black belt karate class
Saturday, Aug 17 th	9:00 – noon 1:00pm – 4:00pm	Adults Adults
Sunday, Aug 18 th	9:00 – noon 1:00pm – 4:00pm 5:00pm – 9:00	Adults Adults Backyard FREE Pizza ‘n Beer/Softdrinks
Monday, Aug 19 th	9:00am – 10:30am 7:00pm – 9:00pm	Morning karate class Evening karate class
Tuesday, Aug 20 th	9:00am – 10:30am 7:00pm – 9:00pm	Morning karate class Evening karate class
Wednesday, Aug 21 th	9:00am – 10:30am 7:00pm – 9:00pm	Morning karate class Evening karate class
Thursday, Aug 22 th	9:00am – 10:30am 7:00pm – 9:00pm After class	Morning karate class Evening karate class Siyonara social, wish Sensei Trombley bon voyage back to the great white north.

Cost:

- \$100 for just the Sat/Sun Only.
- \$150 for all the workouts during the week and all-day Sat/Sun.

Any questions don't hesitate to contact me.

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