



Shotokan Karate Academy of Napa presents a  
Special Two-Day Seminar with Guest Instructor:

## Dr. J.D. SWANSON, 6<sup>th</sup> Dan

AUTHOR, “Karate Science: Dynamic Movement”;  
ISKF East Coast Technical Committee Member, NCKA Chairman



### SATURDAY, AUG. 3rd, 2024

Location: Napa Valley Yoga Center, 1115 Jordan  
Ln., Napa, CA

12:15pm -1:15pm: General Clinic (All Ranks)

1:30pm-3:00pm: Beginner/Intermediate Clinic

3:30pm – 5:00pm: Advanced (Brown/Black) Clinic

5:00 - 5:30 pm: Book-signing

And

### SUNDAY, AUG. 4th, 2024

Location: North Valley Gym, 3164 Condo Ct., Santa Rosa, CA

10:00am-11:15am: General Clinic (All Ranks)

11:45am-1:15pm: Advanced (Brown/Black) Kata Clinic

Hosts: Shotokan Karate Academy of Napa & North Valley Shotokan Karate Club  
Fee per class: \$55 – Adult (18 years and older), \$35 – Youth (17 years and under)

Cash | Check | Venmo “@sempaiaprilsdojo”

\*PLEASE NOTE: Pre-registration for this event is requested by August 1, 2024.  
You must submit a completed registration form by Email or in person.

Form available at

<https://napashotokan.com>

Email: [sempaiaprilsdojo@gmail.com](mailto:sempaiaprilsdojo@gmail.com)