

# Seminar: Training and Techniques for Sport Karate Kumite

*Presented by the Northern California Karate Federation*

## Coaches:



### **Sensei John Limcaco**

USA Karate National Team Coach  
2005 AAU/USA Karate Coach of the year  
1986-1995 AAU/USA National Kumite Champion 10 straight years



### **Sensei Joey Cruz**

A premier competitor for the San Francisco Bay Area  
Has won many National and International titles over over a period of 20 years  
USA Karate certified coach and referee

## Dates and Locations:

**Sunday April 18, 2010** at Ramtown Karate  
1680 North Lincoln St. Dixon, CA 95620  
(707) 678 4899

**Sunday June 27, 2010** at All American Black Belt Academy  
6866 Village Parkway  
Dublin, CA 94568  
(925) 829-4265

## Sessions:

Novice/Intermediate 10 A.M. - 11:30 A.M.  
Advanced Kumite 12 Noon - 2 P.M.

## Participation fee:

\$20.00 / Session

