



**MWK**  
MIDWEST KARATE

Seminar featuring Sensei

**Avi Rokah**

**Fri Nov.30**

**@ MWK Movement Arts Center**

**5:30-6:30pm Youth all levels**

**Nov.30-Dec.2**

**6:30-8:30pm Adult all levels**

**Sat Dec.1**

**9:00-10:00am Youth all levels**

**Adult Full Seminar \$110**

**10:00am-12:00 noon Adult all levels**

**Adult Daily \$70**

**2:00-4:30pm Adult all levels**

**Youth Seminar \$45**

**ADULT EXAMS 4:30PM KYU & DAN RANKS**

**Sun Dec.2**

**9:30-NOON Adult all levels**

**YOUTH EXAMS 12:00 NOON**

**306-382-7434**

**www.midwestkarate.com**