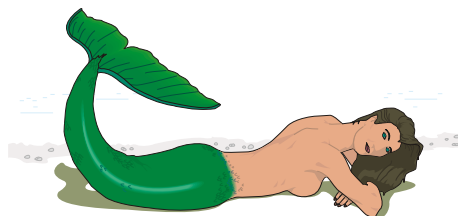
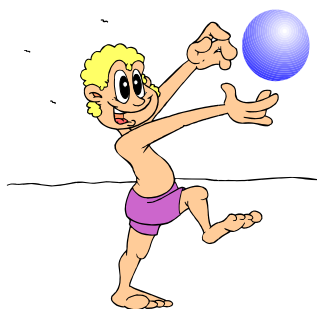


# World Shotokan Karate-do Federation

## BEACH TRAINING



You won't see one of these



You might see a few of these



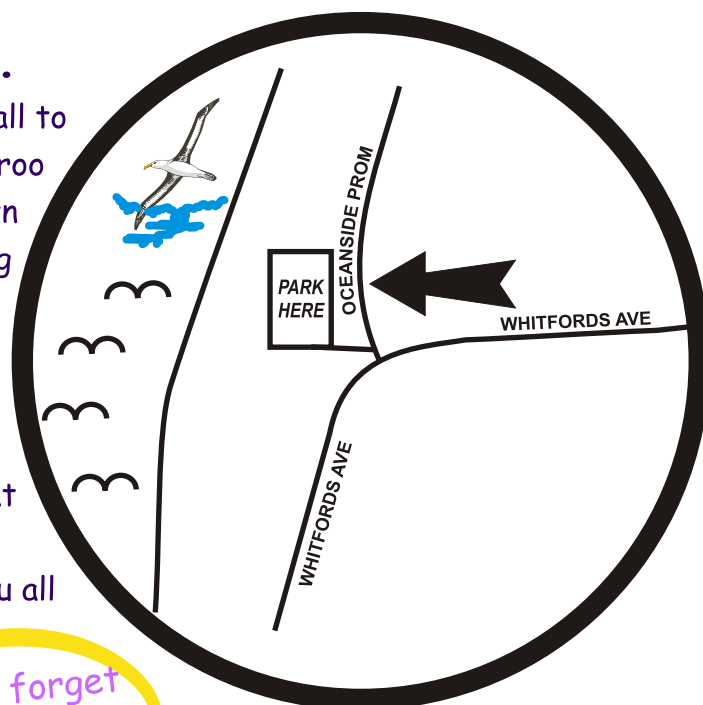
But you'll definitely see some of these ...



### Our first beach training session ...

is happening Sunday 31st January and we want you all to come and join us. The beach is located between Pinaroo Point and Whitfords Beach. The directions are shown on the map, but the easiest way is to drive west along Whitfords Ave towards the beach. Where it veers left (at the beach), immediately there is a small car park. Park there and walk down to the beach.

The beach is clean and easily accessible and there are showers and toilets at the car park. We'll start at 9.00am for about an hour. Come along, bring your karate-gi, swimming togs and a towel and we'll see you all there!



Don't forget to wear your bathers!

