

BEACH
GAMES

Karate
Training

New
Friends!



Pull the Obi
competition

KATA
competition

4th Annual First State Karate Beach Training & Tournament

JUMP IN!! September 14th, 2024



1. Mark your calendars: Saturday, September 14th, 2024. Get ready for traditional karate training on the beach with great instruction and awesome interactive drills.
2. This wonderful event is hosted by First State Karate of Delaware in collaboration with the International Okinawa Kempo Federation.
3. The last three years were a blast! This year will be even better! **FOR THE FIRST TIME WE ARE INCLUDING A TOURNAMENT. YOU CAN COMPETE IN PULL THE OBI MATCHES AND/OR KATA (FORMS). MEDALS FOR 1ST, 2ND AND 3RD PLACE WILL BE AWARDED. Reserve your spot by AUGUST 23RD, 2024. TO RESERVE YOUR SPOT: email us at info@firststatekarate.com, call or text us at 302-273-0300**
4. Where: The Cape Henlopen Park, Herring Point Beach. Dune Rd, Lewes DE 19958. The Cape Henlopen Park is a great place to walk or ride bikes. There are great trails around the beach for those not training. Bring your bikes!
5. When: Saturday, September 14, 2024
6. What time
 - 9:00 am – 10 am. Check in, meet and greet (bagels, donuts and coffee)
 - 10:00 am – 11:00 am. Kids session ages 5 - 12. KARATE TRAINING & FUN GAMES!!
 - 11:00 am – 12:00pm. KIDS TOURNAMENT (Pull the Obi and Kata).
 - 12:00pm - 1:00 pm. Adults and teens. Ages 13 and up. GREAT KARATE TRAINING!
 - 1:00pm – 2:00pm. TEEN AND ADULT TOURNAMENT (Pull the Obi and Kata).
- What will it cost? **\$50 per person**. Parking is \$5 for Delaware Registered vehicle and \$10 for non-Delaware registered vehicles.
- What if it rains? We will move the training to the First State Karate Dojo at 26089 Longneck Rd. Millsboro, DE 19966. If the weather looks bad in advance we will reschedule the beach session for Sunday (September 15TH). This will be communicated in advance.
- What to wear. Come with full Karate Gi for early warmups and pictures. Have your Dojo T-shirt under the Gi for the remainder of the class. BRING SWIM WEAR IF YOU WANT TO STAY AND RELAX AT THE BEACH.
- Parents of students under the age of 15 must stay at the beach while students are training.

