



Nick Adler's Centurions
Spring Training
2018
Saturday May 19, 2018

TRAINING OPEN TO GREEN BELTS & ABOVE
AGE 13 & OLDER - COST: \$100 incl.. Pizza

SATURDAY May 19, 2018 10:00 AM —5:00 PM

LOCATION:

Smithtown United Methodist Church
230 Middle Country Road
Smithtown, NY 11787

Park in rear of church and enter through the lower level.
Day of event only call (631 265-9062)

TOPICS INCLUDE:

***KUSAN KU KATA * NUNCHAKU (FOAM ONLY NY RULES) * SUNSU KATA—BLACK BELT ONLY)**
*** GROUND FIGHTING * FIGHTING DRILLS * URASHI BO- (BROWN BELT & UP) * TOKOMINE NO KUN**
***OTHER**

BRING: BO, SAI, FOAM NUNCHAKU, COMPLETE FIGHTING GEAR, FLOOR IS HARD—KARATE SHOES MAY BE WORN FOR TRAINING BUT NOT FIGHTING.

DIRECTIONS

I-495 East /Long Island Expy to the Northern Parkway E exit, EXIT 42, toward Hauppauge. Merge on to Northern State Parkway East.

Northern State Parkway ends on to RTE 347 Keep left to stay on 347. Follow Hauppauge Road Route 111—keep right to merge staying left then straight on 111 to Main Street Rte 25 (Middle Country road) Turn right (Diner on Left) Go one traffic light. Entrance to Church is just past the first light on Right. See in arrows. Drive to back and park, entrance at lower level.

NOTES: Please pre-register all attendees one week prior to camp.