

THE 3rd ANNUAL SHIHAN ROMAN MAINE BEACH TRAINING SEMINAR OLD ORCHARD BEACH, MAINE, SEPT. 20-21, 2008

We are pleased to announce the 3rd Annual Shihan Roman Maine Beach Training which will take place on the weekend of Sept. 20-21, 2008. Last year, our 2nd annual event was a tremendous success with over 80 participants!

SCHEDULE:

1. Arrival at Old Orchard Beach, Maine, on Friday, Sept. 19th, at the latest.
2. Training on Saturday, Sept. 20th, from 9:00 to 11:30 a.m. followed by a lunch break and afternoon training from 1:30 to 4:00 p.m.
3. Group supper (for those who would like to join us) at a nearby restaurant. Each person pays for their own meal.
4. Training on Sunday morning, Sept. 21st, from 8:30 to 11:00 a.m.
5. Check out at 12 noon - back home by supertime.

The training will be done wearing full karate dogis and will take place on the beach and in the water. **Please bring your bo and bokken as we will also cover weapons and self-defense.**

COST: US\$35 per person. This covers the costs of the certificate for each participant, Shihan Roman's expenses, his fee for teaching and participating with us in this event, and the costs of a commemorative souvenir (we are planning a T-shirt this year.... last year was an embroidered towel, and the year before, an embroidered cap). **Please specify the desired size of your T-shirt when confirming your attendance.** Additional T-shirts will be \$15.00 each.

ACCOMODATIONS:

Each person is responsible for booking his/her own accomodations. We recommend staying at the White Cap Village since we will be training on the beach directly behind that motel. Contact Louise or Steve Bergeron at:

White Cap Village
Old Orchard Beach, Maine
Tel: 207-934-2553
www.whitecapvillage.com

Tell them you are with the karate group. All units are full efficiencies with dishes, utensils, stove, fridge, etc, so you can prepare meals if you wish. The units rent out for about US\$70 per night. If there is no more room at the White Cap, ask Louise or Steve to refer you to nearby places. The Echo Motel is also recommended (contact Leslie Dubu: www.echomotel.com).

TO CONFIRM YOUR ATTENDANCE (or for more information) PLEASE CONTACT:

Shihan Roman at 514-244-8191 or shihanroman@videotron.ca
Sensei John Kalaidopoulos at 514-426-5847 or sensei@westislandkarate.com
Sensei Ronald Auclair at 514-871-5477 or rmauclair@millertomsonpouliot.com