

**SKIF Samurai Saturday**  
**Saturday, March 6, 2010**  
**Rochester Recreation Center - Rochester, NH**  
**9:30 AM. To 12:30P.M**

A taste of everything SKIF... Kihon Kata Kumite Kobudo Goshin Jitsu (self defense)...offered by Steve Warren, Mike Cook, and Lisa Turner Sensei... (This seminar is limited to SKIF Karate-ka only.)

A great way to break the monotony of a cold winter day...**Get off the proverbial couch**...join us at **Steve Warren Sensei's Dojo**... Starting off with some great stretching and warm up exercises...(when you leave here today, you'll feel an inch taller and two inches smaller around the waist!!! ...and, of course...**a BETTER PERSON!!!**

**Kihon: Ippon Kumite, Sanbon Kumite, jiyu Ippon Kumite**  
**Kata: Heian, Tekki, Chinte, Sochin, and WanKan**  
**Kobudo: Kanazawa No Bo Dai Kata**  
**Goshin Jitsu ( Common Sense Self Defense)**

**This is a lot to pack into three hours...so don't be late...Doors open at 9:00 A.M.**

**Pizza Buffet at 12:45P.M....**  
**All of this, class and lunch, for only \$5.00 apiece!!!!**

**REGISTRATION FORM**

Name \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ SKIF-USA Membership #: \_\_\_\_\_

Home Dojo: \_\_\_\_\_ Rank: \_\_\_\_\_

Make payment to: Maine Shotokan Karate Association  
PO Box 549, Farmington, ME 04938

**Waiver and Release of Liability**

I intend to participate in the above open Karate-do course with the Maine Shotokan Karate Association and/or Rochester Shotokan Karate Club. I hereby acknowledge that there are possible risks of bodily injury involved in participating in the special training and related activities. I hereby accept such risks and waive and release any and all claims and expenses (including but not limited to attorney fees, claims for damages, medical expenses, litigation and other costs, etc.), either known or unknown, now existing or arising in the future, that I may have of whatever kind or nature against any organizer, director, member, instructor, owner or anyone else involved in any way with this open course and associated activities, including but not limited to SKIF-USA, Maine Shotokan Karate Association, Michael F. Cook, Rochester Recreation Shotokan Karate Club, Steven D. Warren, and/or Rochester Recreation Center, and the City of Rochester, New Hampshire.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian: \_\_\_\_\_ Date: \_\_\_\_\_