

On Saturday, February 22nd the USIK is holding our first seminar of the year. We will concentrate on Kumite.

Date: Saturday, February 22, 2014

Time: 10 AM - 1 PM

Location: Apex Martial Arts, 8715 Sidney Cir., Charlotte, NC 28269

Cost: \$25 (includes pizza lunch)

As the focus will be on Kumite, **all participants are required to bring head gear, hand and foot pads, mouth piece, and cups**

[Download this flyer](#) for more details.