

Shoshin Ryu Yudanshakai

OPEN MAT WORKOUT!!!

Workout with your partner on your techniques or with an Instructor!!

(All Ages)

Hosted by:

**Prof. Carlos Gallegos &
Prof. Kevin Dalrymple**

Held at

The First Baptist Church of Westminster

**14200 Goldenwest St.
Westminster, CA 92683**

January 19, 2019

Workout starts at 3:00 PM

**Contest Fee: \$5 for Shoshin Ryu members
or non members**



For more information go to www.shoshinryu.com

