



East Bay Karate-Do Invites YOU to our Health and Safety Fair Saturday, May 9, 2009 10:00am to 2:00pm In honor of our Grand Re-Opening & 15 Year Celebration

Join us as we celebrate our Ribbon Cutting Ceremony at our Newly Remodeled and Expanded Studio.

Enjoy FREE classes with us on May 9, 2009.

FREE Karate Classes for all ages:

3—6 years old 10:00am—10:35am

7—11 years old 10:40am—11:15am

12 years old and up 11:20am—11:55am

FREE Fitness Kickboxing Classes - 15 yrs old & up:

9:00am—10:00am

12:45pm—1:45pm

FREE Women's Self Defense Awareness Classes:

10:00am—10:45am

11:00am—11:45am

FREE Weapons Disarming Class - 12 yrs old & up:

12:45pm—1:45pm

We require a Waiver of Liability to be signed for all students. Children, please ensure that you bring your parents to sign the waiver in order to attend the classes.

Please wear comfortable clothing.

- **Ribbon Cutting provided by the Pittsburg Chamber of Commerce at 12:00pm**
- **Demonstration from our very own Team X-Treme and Black Belt Club at 12:15pm**
- **FREE Finger Printing provided by the Pittsburg Police Department and McGruff the Dog**
- **Information booths on Health and Safety**
 - **Jumper for the kids**

Our event continues from 2:00pm to 5:00pm for all of our current students, friends and family. We will be having additional Seminars put on by some very special guests Ricardo Barros from Brazilian Jiu-Jitsu Academy, James Solis from Solis Martial Arts and John Olivia.

These Seminars will have a nominal fee of \$5.00 for 1 or \$10.00 for all 3 events.

Limited space is available so please sign up early.

2:00-2:55 Combat/Weapons Self Defense Seminar

Learn how to defend and attack combat style with weapons.

3:00-3:55 Brazilian Jiu-Jitsu Grappling Seminar

Learn basic and advance ground techniques and submission holds.

4:00-4:55 Extreme Martial Arts Seminar

Learn Plyometric exercises, dynamic speed kicks, Jump Kicking Drills and gymnastics.

**1365 Buchanan Rd., Pittsburg 925-439-0964
www.eastbaykarate-do.com**