



## *Shotokan Karate of Garden Grove*

*10102 Stanford Avenue  
Garden Grove, CA 92840*

*A Non-profit Organization teaching traditional Karate-do in America since 1955*

# **Bag Night 2012**

**The following is a list of those Wednesday nights 7:00 pm to 8:30 pm adult classes that will focus solely on bag training. Members are encouraged to bring or purchase a pair of bag gloves, although not required. Kids 14 and older may attend with permission. Striking a bag (moving or static) is a very unique skill and necessary for one to develop a true technical focus and strong striking combinations. Garden Grove Shotokan members are encouraged to attend this class when it can accommodate their training schedule.**

**March 21<sup>st</sup>**

**May 23<sup>rd</sup>**

**July 25<sup>th</sup>**

**September 26<sup>th</sup>**

**November 28<sup>th</sup>**

**Please be encouraged to speak with me or any instructor for questions regarding attendance in this class.**

**Yours in karate,**

**Greg Scott**

**(310) 962-5164**