

# ADULT & TEEN BEACH TRAINING 2012

Sunday, August 19th

**Location:** On the beach at the lakefront, just north of Montrose Harbor take Montrose east past Lakeshore Drive. Where the park drive turns north (left), near the bait shop, there is a big parking lot on the left. Walk across the lawn and onto the beach, and look for lots of people in white pants.

**What to Wear?** Gi pants, TW T-Shirt, your belt, sneakers. Consider wearing your bathing suit underneath.

**What to Bring?** Cap, Sunglasses, Water Bottle, Sunscreen

## SCHEDULE:

5:15 am	Gather on the Beach
5:30 - 6:15	Start sunrise meditation
6:30 - 7:15	All levels training
7:30 - 8:15	Shodan and up training
8:15 - 9:00	Nidan and up training
9:15 - 10:00	Sandan and up training
10:00 - 10:45	Yondan and up training

**IMPORTANT:** NO OPEN DOJO HELD AT THOUSAND WAVES ON BEACH TRAINING DAY



**Can you name all the teachers and senpai in this picture?**