



Parents' Night Out *Swords, Flags & Sumo*

Join Us on Friday March 21, 2025

6PM – 8PM

For an evening of fun martial competition
Open competitions in

Padded Swords, Sumo Wrestling, and Flag Sparring

No prior experience necessary

Open to kids aged 8 to 14

Dress: Shorts or Sweats and a T-shirt

Cost: Free if pre-registered, \$5 at the door

Only 30 participants allowed, so register soon!

To Register: email

ideanpkk@gmail.com

Put "Swords& Sumo" in
the subject. Include
Name, Age and Sex of
the participants in the
body



**PINEDA'S KENPO
KARATE**

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