



HILL COUNTRY KARATE

ADULT WORKSHOPS 2023 & 2024



THE FOLLOWING WORKSHOPS ARE FOR ALL SR STUDENTS
COLOR, BROWN, & BLACK BELTS

15 JULY 2023

ASSISTANT INSTRUCTOR/ ATTITUDE

LOCATED AT HCK DOJO

16 SEPTEMBER 2023

TECHNIQUES/ LEADERSHIP

LOCATED AT HCK DOJO

9 DECEMBER 2023

GUN & KNIFE/ RESISTANCE TRAINING

LOCATION TBD

2 MARCH 2024

KATA/ NUTRITION

LOCATION TBD

18 MAY 2024

WORKING W/ SPECIAL NEEDS

LOCATED AT HCK DOJO

+ALL START AT 12 PM

+ BRING NOTE TAKING MATERIALS

+ SR STUDENTS WILL RECIEVE

EXTRAS BOX SIGNITURE OR

3 HOUR SIGNITURES FROM MR. SMITH

