

Karate at the Coast

Saturday, Aug. 12, 2023



Ages 12 - Adult

You are invited to join Shihan Best for a day of karate training on the dunes and at the ocean.

- Open to karate students who are 12 or older.
- Minimum of one month experience required. Bring your gi.
- There is NO FEE for the event. There will be a Day Use Fee for each car.
- 10:15(ish) - Meet in the large parking lot on the south side of Cleawox Lake at [Jessie M. Honeyman State Park](#)
- 10:30 - 12:00 - We will venture out onto the dunes for a karate session.
- 12:00 - 2:00 - Lunch, relaxing, and generally enjoying the day. (Bring your own lunch.)
- 2:00 - We will drive to [Siltcoos Beach Day Use Area](#) to train at the ocean from 2:30-3:30.
- Want more? - We will finish with a short hike in the forest starting at [Siltcoos Lake Trailhead](#).

Sign-up on the Dojo Bulletin Board.

Everyone is responsible for their own transportation.

We will help arrange carpools the best we can.