

Traditional Karate North Central Region presents the

# NCR Spring Seminar

With Guest Instructor Alex Tong, 6th Dan

**When:** April 11-13, 2014

**Where:** MKA Minneapolis  
1010 East Lyndale Ave N.  
Minneapolis, MN 55411

**Fee:** \$120 entire seminar  
or \$60 for single class  
or \$60 for both lower belt classes

**Register  
on or before  
April 7 and  
save!**

*Register after April 7 and pay:*

- \$150 for full seminar or
- Single Classes \$75.
- Lower Belt Classes \$75  
*both Saturday Lower Belt Classes  
are included. Green belt and below only,  
See Waiver/Registration to sign up.)*

Make checks payable to NCR, or to  
pay by credit card contact Joel Ertl at 651-771-7901.



Sensei Alex Tong started his karate training while in high school in Hong Kong. He began Shotokan in 1971 under Sensei Robert Graves.

He received his shodan from Nishiyama Sensei in 1978. Sensei Tong received his 6th dan from Nishiyama Sensei in 2007.

Tong was former regional kumite champion and multiple kata runner-up of the Pacific Northwest AAKF.

In 1982, Tong founded JKA Dallas, and has developed many black belts including Senseis Brad Webb, John Bell.

He is an ITKF Class A judge, judging in the AAKF Nationals, ITKF Pan Am and World Championships. Tong is currently the President of the AAKF, a member of the AAKF Technical Committee, and a member of the AAKF Executive Board of Directors.

## Friday 6-8:30pm

- Sensei Fusaro 6-7pm
- Sensei Tong 7-8:30pm

## Saturday 9am- Noon

- Sensei Tong (general training) 9-10:30am
- Advanced Belts: 10:30-Noon, Tong, Fusaro
- Lower Belts: 10:30- Noon, NCR Instructors, Tong

## Saturday 2-5pm

- Sensei Tong (general training) 2-3:30pm
- Advanced Belts: 3:30-5pm, instructors Fusaro, Tong
- Lower Belts: 3:30- 5, NCR Instructors, Fusaro
- Dan Exam 5pm

## Sunday 10am-Noon

- Sensei Fusaro 10-10:45am
- Sensei Tong 10:45am-Noon

All belt levels are welcome at all sessions. The lower belt sessions on Saturday are geared for 5th kyu and below. Purple belts have the option of training with either the lower belt or higher belt group.

# Traditional Karate North Central Region

Regional Representatives of the AAKF



Registration form available at [www.ncr-aakf.org/events](http://www.ncr-aakf.org/events)