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## *Shotokan Karate of Garden Grove*

*10102 Stanford Avenue  
Garden Grove, CA 92840*

*A Non-profit Organization teaching traditional Karate-do in America since 1955*

# **Bag Night**

## **Wednesday February 24<sup>th</sup> 2010**

### **7:00 pm to 8:30 pm**

- **This will be our first (of 5) bag classes for 2010.**
- **Kids 14 and older may attend with permission.**
- **Open to all adults.**
- **Striking a bag (moving or static) is a very unique skill and necessary for one to develop a true focus and strong striking combinations.**
- **This very demanding class is highly recommended.**