

July 24, 2002

BEACH TRAINING!!! ATTENTION ALL MEMBERS!!!

Get set for the time of your life on **Saturday, August 17, 2002**, from 6 to 7:30 am at Ala Moana Beach Park, just ewa of Magic Island. Training is mandatory for all members green belt or higher, while white, yellow and blue belts are welcome to join us if they seek excitement and adventure. Members are to meet at the beach by **5:45 am**, with their uniforms on and ready for action. Training was never so much fun!!! **DON'T BE LATE!!!** (No fun doing push-ups under water!).

After training, members and their families can enjoy the beach and join us for a delicious breakfast for \$3 (all training members get breakfast FREE!), or you can bring your own breakfast and drinks! Order breakfasts NOW! **Deadline for orders and payment is Saturday, August 10. SEE YOU THERE!!!**

HSK BEACH TRAINING BREAKFAST SIGN-UP

Breakfast menu: Sausage, scrambled eggs, rice, fruit,
pastry, coffee/ orange juice.

Member's name: _____

Dojo: _____

No. of breakfasts for training members: _____ (No charge)

No. of breakfasts for non-members: _____ X \$3.00 = _____

****TOTAL NO. BREAKFASTS:** _____ **

Received by: _____ **Amount Paid:** \$ _____