

Beach Training 2009

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Over 50 students and teachers gathered for sunrise meditation.



Students worked on speed in a tag drill.



Black and Color belts helped each other train their kicks.



Karate forms were practiced by color belts.



Students took to the water after training to cool off.



Senior students demonstrated black belt weapons work.



Kids and instructors circled up to begin class.



Kid did their best holding pushups in the sand.



Kids practiced jumping over moving obstacles.



A young karate student did one cool crane stance.



Another young karate student did an excellently formed kick.



Kids finished class and headed back to dry land.