

# Beach Training 2009

Special Thanks to Will Glynn Photography for such great pictures.  
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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.**