



KDA KIME

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Who: All KDA Karateka!

What: Kime means "power" and/or "focus," describing the instantaneous tensing at the correct moment during a culminating technique.

When: February 18, 2012, 9:30 AM to 12:30 PM

Where: Memorial Hall at Wagar Rd and Hilliard Blvd.

Why: KIME includes many values such as determination, power, efficiency, concentration, willingness... and reminds us of the goal of all practice: Keep your body and mind fit, develop your energy, and release your KIME.



Your opportunity to focus, practice, and learn!