



AAU Regional Camp

Mid Atlantic Regional Training

Saturday April 26th

2 Training Sessions

8:00 am-10:00am

12:pm-4:00pm

Complete sparring gear and paddle required.

Uniform pants and t shirt will be allowed.

(NO SHORTS or TIGHTS)

Camp will include:

National AAU Coach Arlene Limas

Regional Coaches: Coach Snow, Coach Tocco
and Coach Morris.

\$75

Location:

Power Kix Martial Arts

263 Garrisonville Rd.

Stafford, VA 22554

540-720-1988

powerkix@powerkixusa.com

Please call to reserve your
spot.

Cadets and Juniors are
highly encouraged to attend.

