

UNION VALE MARTIAL ARTS

A Northern Goju Triad Dojo

(<http://www.gojutriad.org>)

The Lords of the Tundra



tundra: *n.* a frozen northern wasteland where only the hardy can survive, yet where the truly valiant can prosper.



The Lords of the Tundra XIII Pick-Up Team Kata & Kumite Tournament is open to Martial Arts practitioners and students of all ages and ranks. Teams will be chosen by lot immediately prior to the competition. Participants will be required to provide protective gear (for hands, feet, head, mouth and groin). NEMAC rules for kata & sparring competition will apply.

Union Vale Martial Arts
Tymore Park Meeting Facility
Bruzgul Road (Dutchess County Road 21)
LaGrangeville, NY

Sunday, March 8, 2009

Registration begins 9:30am
Competition* begins 10:30am
sharp

Participation Fee** - \$20.00

For More Information Call

Mr. Thomas Maloney
845-223-5696

Mr. Joseph Rinaldi
845-677-6683

or e-mail to [Webmaster](#) - Northern Goju Triad

* *The activities will include a brief but invigorating calisthenic warm-up.*
** *A Courtesy Discount will apply for all participants displaying a current NEMAC membership card*