



**Napping Cat School of Strategy
Invites you to a Fun Afternoon
of Shared Techniques & Ideas**

Come and Share with us your wide variety of Martial Arts Skills, Ideas in a relaxed atmosphere!

*** Where? Outside in my front yard (it's pretty big!)**

**SATURDAY
JULY 15TH
2 PM – 5 PM**

Who is Invited?

**Capoeira Minnesota School,
Isshin Ryu Karate & Ryukyuu Kobudo Shimbukan WB
Twin Cities Tai Chi**

**Bring drums & Instruments of Mayhem
Bring food to share for a Pot Luck Picnic after 5 pm**

Location: Home of Mark Helm

17644 Xingu St. NE, Forest Lake ,Mn. 55025

For Gathering info:
www.markdhelm.com
cell: 651-343-3230

**Mark D. Helm, Black-Belt & Long-time Student of
Sensei Clifford "Chick" Moody who taught
the "Way of the Winds" style of Shinobi no Jutsu**