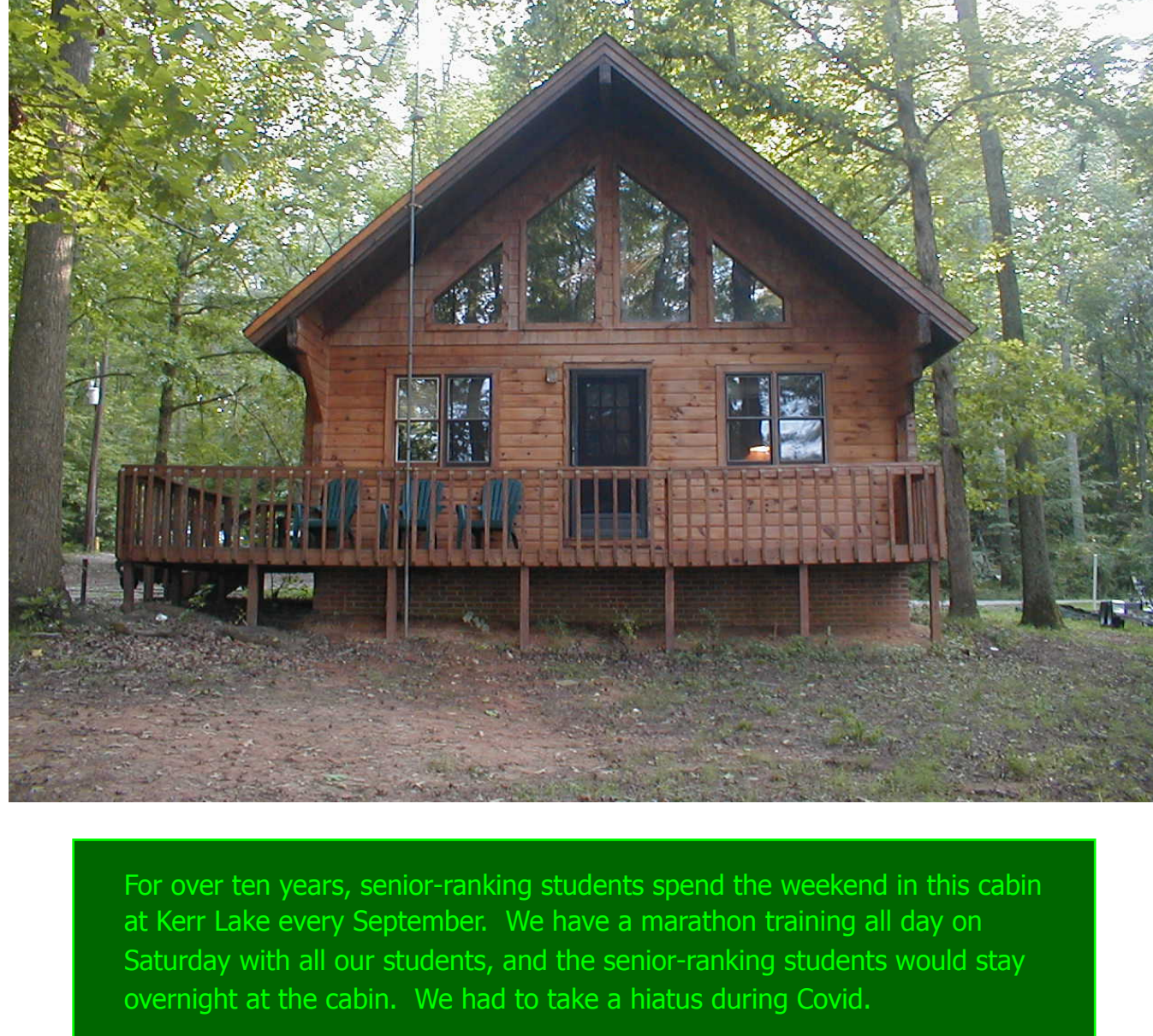


# WEEKEND RETREATS at KERR LAKE



For over ten years, senior-ranking students spend the weekend in this cabin at Kerr Lake every September. We have a marathon training all day on Saturday with all our students, and the senior-ranking students would stay overnight at the cabin. We had to take a hiatus during Covid.



Every September, students are invited to come train at the lake while senior students spend the weekend at the cabin. During our training, we do kicks and kata in the lake, and we also train on the sandy beach and in the grass. Sensei's dog comes every year.



Senior students in the cabin.

