

Contact: Hanshi Larry Giordano
Methuen Karate Association
School of the Rooster

70A Bonanno Court
Methuen, MA 01844
Phone (978) 683-4287
Fax (978) 685-3177

**Giordano Family
Methuen Karate Association (MKA)
School of the Rooster
Kyokushin Karate**

Press Release

Giordano Family MKA holds Annual Summer Beach Training 2009

MKA and Central Catholic Students Participate in Unique Training Conditions

For Endurance

EDITORS: High resolution images are available for download at:

<http://www.sentrepity.com/news.html>

Methuen, MA June 22, 2009: Hanshi Larry F. Giordano, Chief Instructor of Giordano Family MKA hosted the annual summer beach training at Salisbury Beach Reservation on June 7, 2009. More than 125 students attended, along with 20 Black Belts. MKA Beach Training is open to all staff and students. In addition, students from Central Catholic's new Kyokushin Karate program led by Sensei Jarrod Brown were in attendance.

Mas Oyama, founder of Kyokushin Karate, set the precedence for beach training with his students, including Hanshi Giordano. A favorite among MKA students, beach training offers unique training conditions to test each individual's capacity for balance, mental endurance, and strength conditioning. MKA's Beach training included a brisk run, karate basics and swimming in the Atlantic Ocean.

"This training program is vitally important to the development of our students at MKA, and this year we had many younger students attend," said Shihan Larry Giordano. "The beach conditions push each student's mental and physical endurance, making it a challenging, yet rewarding

experience. The students appreciate the variation in our training program, and look forward to our annual event."

About Giordano Family MKA

Giordano Family MKA, formerly known as MKA, was founded in 1968 by Hanshi Larry F. Giordano. The "school of the rooster's" mission is to promote the traditional, spiritual, and educational goals of karate do through the discipline of Kyokushin Karate. Hanshi Giordano holds the rank of Haichidan 9th Dan. His efforts have been recognized internationally, including being inducted into the Martial Arts Hall of Fame and the Hawaiian International Martial Arts Hall of Fame, and named Master Instructor of the Year by the International Hall of Fame for World Head Sokeship Council. To date, the school has graduated more than 70 black belts. For more information, visit www.methuenkarate.com.

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