

Giordano Family Methuen Karate Association Holds Annual Summer Beach Training 2009

Methuen Karate and Central Catholic students participate in unique training conditions for endurance

Hanshi Larry F. Giordano, Master Instructor of Giordano Family Methuen Karate Association (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.