



# SHINTANI TEAM VIRTUAL TRAINING

December 6<sup>th</sup>, 2020

11:00 AM to 1:00 PM ET

Join the **Zoom meeting**

- ✗ The workout is **open to all ranks**, but will be geared to team members who must be 14 years of age and blue belt.
- ✗ If you have **any interest** in the Shintani Team or have ever wanted to train with Shintani Team members, this is your opportunity.