

NUNS' ISLAND
J.K.A. SHOTOKAN
KARATE CLUB



CLUB DE KARATÉ
J.K.A. SHOTOKAN
DE L'ÎLE-DES-SOEURS

Montreal Winter Karate Seminar-2016

February 16th, 18th, 19th, 20th

Special Guest instructor

Shihan Yasuo Sakurai

7th Dan, JKA "A" level Instructor



7 times All Japan JKA Masters Kata Champion.
Former coach of Quebec and British Columbia teams
Technical Chairman of JKA Shizuoka Province
JKA Headquarters Shihankai member
Instructor A, Examiner A, Referee A

You are invited to The Montreal Winter Karate Seminar with one of the world's most outstanding karate instructors known for his superb technical karate skills.

This seminar will focus on the most up-to-date Kihon, Kata and Kumite techniques

| Dates | Schedule | | | Location |
|-------------------------|----------|-------------|--|---|
| Tuesday February 16 | A | 18:30-19:30 | All levels | Nuns'island JKA Dojo 300-Chemin du golf Nuns'island, Montreal Quebec, Canada, H9J 4C3 |
| | B | 19:45-20:25 | Brown & Black (Bassai Dai, Kanku Dai) | |
| | C | 20:30-21:00 | Black (Gankaku, Hangetsu) Restaurant (TBA) | |
| Thursday February 18 | D | 18:30-19:30 | All levels | |
| | E | 19:45-20:25 | Brown & Black (Jiyu ippon Kumite) | |
| | F | 20:30-21:00 | Black (Jitte, Bassai Sho) Restaurant (TBA) | |
| Friday February 19 | G | 18:30-19:30 | All levels | |
| | H | 19:45-20:25 | Brown & Black (Empi, Jion) | |
| | I | 20:30-21:00 | Black (Sochin, Nijushiho) Restaurant (TBA) | |
| Saturday February 20 | J | 9:30-10:30 | All levels | |
| | K | 10:45-11:25 | Brown & Black (Jiyu Kumite) | |
| | L | 11:30-12:30 | Black (Gojushiho Sho, Gojushiho Dai) Restaurant (TBA) | |

Cost of seminar

| No cheques accepted - USD at par | | | |
|----------------------------------|--------------------|-------------------|--|
| Seminar | Dan | Brown | 4 th to 9 th kyu |
| Full | \$150 (12 classes) | \$100 (8 classes) | \$70 (4 classes) |
| Half | \$ 90 (6 classes) | \$ 70 (4 classes) | \$40 (2 classes) |
| Per class | \$ 35 | \$ 30 | \$25 |

Hosted by: The Nuns'island-JKA; www.Canadajka.ca

Chief Instructor: Shahrokh Hoghooghi

Information: 514-909-9089, nunsisland@canadajka.ca

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