



Montreal J.K.A. Spring-Camp-ONLINE May 22nd & 23rd, 2021

Shahrokh Hoghooghi, 7th Dan JKA
Mark Deschatelets, 6th Dan JKA

We would like to invite you to the Annual Montreal Spring-Camp hosted by the Nuns' island-JKA. The camp will provide the participants with the JKA standards in Kihon, Kata and Kumite as well as trainings for DAN-exams for the higher-rank of JKA participants.

In case you have stopped training since the start of the pandemic, this is a good motivation opportunity to resume your training.

The event will be held on the Zoom platform. Please log-in 15 minutes before the start of your class in case of connection problems.

Zoom ID: 4500023537

Password:108019

May 22	10:00-11:00	All levels ----- (Kihon, Kata)
	11:00-11:30	Brown & Black ----- (Bassai Dai & Jitte)
	13:00-14:00	All level - Kihon / Kata ----- (Emphasis on Technique Names)
	14:00-14:30	Brown & Black ----- (Jion & Tekki Nidan)
May 23	10:00-11:00	All levels - Kumite ----- (Kihon Ippon, Jyu Ippon Kumite & Jyu Kumite-drill)
	11:00-11:30	Brown & Black ----- (Hangetsu & Tekki Sandan)
	13:00-14:00	All levels - Camp Review ----- (Kihon / Kata / Kumite)
	14:00-14:30	Brown & Black ----- (Preparation for Shodan & Nidan)
	15:00	Dan exam

Full camp	\$60 CND
Per class	\$20 CND

Camp fees:

Payable by E-Transfer to: nunsisland@canadajka.ca

Shodan	\$250 USD
Nidan	\$280 USD

Dan-Exam Fees:

Please contact us by latest May 14th to make payment arrangement.

Dan Examinees:

- Must have your Sensei's permission
- Must have a valid JKA-membership & passport
- Must take Full-Camp
- Must submit the official JKA Dan forms by Friday, May 14th.

Information: [Shahrokh Hoghooghi / 514-909-9089 / nunsisland@canadajka.ca](mailto:Shahrokh.Hoghooghi@514-909-9089)
www.CanadaJKA.ca