

JKA BC
PRESENTS

Spring seminar
With

Shihan Don Sharp (JKA 7th Dan)
May 28th and 29th, 2021



Don Sharp

***1996 JKA World Champion**

***1995 WKF Silver medallist**

***3 additional top 5 world showings**

***14 National gold medals**

***22 Total national titles**

-purpose of our spring camp is to increase the skill and knowledge of our participants in the art of JKA Karate-Do, and to enjoy training in the artform while building our camaraderie and community.

-Focus of this camp will be on the study of Detailed kata development, technical basic skills and Jiyu Kumite skills.

Cost: \$150.00 full seminar Black belt (6)

\$85.00 full seminar Adults (3)

\$70.00 full seminar Youth (3)

\$35.00 per class adults

\$30.00 per class youths

***register through your sensei, or directly to Valley Shidokan Via Text, or email. Payment through your dojo, or directly via E transfer, or cheque. (etransfer to 604799-2807, or**

donsharpvs3@gmail.com . Mail to 6771 School Lane Chilliwack BC V2R 2C7)

***No registration at seminar. All registration must be received by May 25th**

2021

Schedule:

Friday May 28th

6-7:15pm -kyu class

Content: stances, H.4,

Jiyu Kumite "101"

Saturday May 29th

8:30-9:45 -Kyu class

Content: Hand tech. H.5,

Jiyu Kumite hands

10:00-11:15- B&B

Content: SOCHIN, jiyu kumite

12:15-1:30- Kyu class

Content: Bassai Dai, jiyu kumite

1:45-3:00- B&B

Content: NIJUSHI HO, Jiyu Kumite

3:30-5:30- GRADINGS - Kyu and Dan- Must register through Dojo Sensei by May 14th/2021

SUNDAY May 30th

***SPECIAL ONLINE EVENT*.**

11am-12pm Black belts only

special training

12-12:30

Building friendship

-let's enjoy a short time together-

Online time together, having a drink and a snack, while enjoying each others company. Feel free to ask Questions about seminar, or just "Catching up" with each other