

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



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

## **Nuns' Island JKA Spring-Seminar-2026** **May 7<sup>th</sup> to 10<sup>th</sup>**



### **Guest Instructor – Kobayashi Kunio Shihan** **7<sup>th</sup> Dan JKA-Head Quarters, Tokyo, Japan**

We would like to invite you to the Nuns' Island-JKA Annual Spring-seminar. This year we have a special guest instructor from the JKA-Headquarters, Tokyo, Japan. The seminar will focus on the JKA standards in Kihon, Kata and Kumite as well as emphasizing on betterment of good character, manners, discipline and sportsmanship.

There will be Qualifications C & D levels as well as Dan exams up to Godan.

### **Canadian National Championship training**

There will be two special training classes, one for Kata and the other for Jiyu Kumite, in preparation for the Canadian National Championships for the following weekend. (These classes are open to all brown and black belts, even if they are not competing).

Thursday May 7 <sup>th</sup>	18:00-19:00 <u>White/Yellow to Blue belts.</u> 19:15-20:15 <u>Brown &amp; Dan.</u> 20:30-21:30 <u>Dan.</u>
Friday May 8 <sup>th</sup>	18:00-19:00 <u>White/Yellow to Blue belts.</u> 19:15-20:15 <u>Brown &amp; Dan.</u> 20:30-21:30 <u>Dan.</u>
Saturday May 9 <sup>th</sup>	09:00-10:00 <u>Brown &amp; Dan: Canadian Nationals training-Kata (Open to all Brown &amp; Dan)</u> 10:15-11:15 <u>Dan. Judging seminar</u> 11:30-12:30 <u>White/Yellow to Blue belts.</u>
	14:30-15:30 <u>Brown &amp; Dan: Canadian Nationals Training-Kumite (Open to all Brown &amp; Dan)</u> 15:45-16:45 <u>White/Yellow to Blue belts.</u>
Sunday May 10 <sup>th</sup>	9:00-10:30 <u>Brown &amp; Dan: Exam preparation (Open to all Brown &amp; Dan, even if they are not in the exam)</u>
	11:00 Qualifications written exam
	12:30 Qualification practical & Dan exam

**Seminar registration fee structure**  
**(CND)**

Dan		By May 1 <sup>st</sup>	After May 1 <sup>st</sup>
Full seminar	8 classes	\$190	\$210
Half seminar	4 classes	\$ 130	\$150
Per class		\$ 40	\$ 50

Brown belts		By May 1 <sup>st</sup>	After May 1 <sup>st</sup>
Full seminar	5 classes	\$150	\$170
	3 classes	\$110	\$130
	2 classes	\$ 70	\$ 90
Per class		\$ 40	\$ 50

Color belts		By May 1 <sup>st</sup>	After May 1 <sup>st</sup>
Full seminar	4 classes	\$130	\$150
Half seminar	2 classes	\$ 70	\$ 90
Per class		\$ 40	\$ 50

**Methods of payments “for the seminar only”**

Via E.transfer (By May 1<sup>st</sup>): To [nunsisland@canadajka.ca](mailto:nunsisland@canadajka.ca); please use karate as your password and include your full name and your dojo name in the email.

At the dojo (After May 1<sup>st</sup>): Exact amount (\$) only, (No cheques will be accepted)

**Dan and Qualifications exam fees**  
**(USD)**

Dan		Qualification		
Shodan	\$250 usd	Level	D	C
Nidan	\$280 usd	Instructor	\$120 usd	\$ 120 usd
Sandan	\$300 usd	Judge	\$120 usd	\$ 120 usd
Yondan	\$350 usd	Examiner	\$160 usd	\$ 220 usd
Godan	\$525 usd			
<p align="center"><u>Important: Exam requirements</u>  Valid JKA membership  JKA passport  Deadline for submission of Dan and qualification forms: <u>May 1<sup>st</sup>, 2026</u>  Payment deadline: <u>May 7<sup>th</sup>, 2026</u>  <u>Payable in USD in person only</u></p>				

### **Registration form**

Name: ..... Family name: ..... Dojo: .....

Rank: ..... Age: 12 and under ☐ 13 to 17 ☐ Over 18 ☐

Email: ..... Phone: .....

#### **Payments: Please check one**

Dan: Full seminar (8 Classes) ☐  
Half seminar ☐  
Per class ☐

Brown: Full seminar (5 Classes) ☐  
3 classes ☐  
2 classes ☐  
Per class ☐

Color: Full seminar (4 Classes) ☐  
Half seminar ☐  
Per class ☐

Amount of payment: ..... Via E.Transfer ☐ Cash ☐

### **Release of liability**

I understand that my participation in the Nuns' Island-JKA seminar and any competitions is at my own risk, and I agree not to hold the Japan Karate Association, its instructors, members, or staff responsible or liable for any loss, injury or accidents resulting from my participation.

Date: .....

Please print the name of participant: .....

Participant signature: .....

Parent/Guardian signature (if under 18 years): .....

### **Registration, Dan & Qualification submission deadlines and criterias**

- Registration and Dan form submission deadline: May 1<sup>st</sup>, 2026.
- Dan & Qualifications payment deadline: May 7<sup>th</sup>, 2026.
- Examinees must take at least half seminar.
- Your Sensei's permission.
- Must have a valid JKA-membership & passport.

D-level Instructor: -You must have attained your Nidan for at least 3 months;  
minimum age: 20 years old

D-level Judge: -You must have attained your Nidan for at least 3 months  
and have your Instructor D-level; minimum age: 20 years old.

D-level Examiner: -You must have attained your Sandan for at least 3  
months and have your D-level instructor as well as  
D-level judge; minimum age 25 years old.

C-level Instructor: -Min 3 month wait after receiving Sandan.  
Class-D Instructor certification.

C-level Judge: -Min 3 month wait after receiving Sandan.  
Class-D Judge certification.

C-level Examiner: -Min 3 month wait after receiving Yondan,  
min 1 year wait after receiving Class-D examiner.  
Class-C Instructor & Judge certification.

### **“FILMING & PHOTOS ARE STRICTLY PROHIBITED”**

**“Only those registered at the seminar will be allowed at the dojo”**

#### Seminar Location

Nuns' Island-Dojo (Tennis club)  
300-Chemin du golf, Montreal, Qc, H3E-1A8

(Free parking; please time yourselves well with traffic)

Hosted by  
Nuns' Island-JKA

Shahrokh Hoghooghi  
514-909-9089  
nunsisland@canadajka.ca  
canadajka.ca