



8th Annual Kids/Youth Shotokan Karate Camp Immaculate Conception School 8840 119th Street, Delta, B.C.

**Saturday, May 5th, 2012 11:00 am
to
Sunday, May 6th, 2012 11:00 am**

Sleep in gymnasium overnight.
Bring a sleeping bag, pillow, foam pad,
pyjamas, toothbrush and toothpaste,
other personal items.

Fruit, nutrition bars,
juice and sport drinks
supplied throughout
the course!!

Cost: \$85.00 Cdn or US

Pre-register by Friday, April 27th, 2012.

Make cheque payable to Canada Shotokan Karate.

Send to: Liny Chan, 4350 Dundas Street,
Burnaby, BC, Canada, V5C 1B3

Meals: Saturday evening: pizza, juice/sports drink
Sunday morning: pancakes, juice, milk, fruit

*Parents: You may observe practices. Your child should feel comfortable
sleeping away from home.*

AGENDA

- Kihon (basics)
- Karate games
- Multiple opponents
- Obstacle course with kicking shields
- Kata (Personal correction and repetition)
- Kumite (sparring)
- Self defense with Mr. Sluggo
- Escaping techniques
- Movie night, sleepover !!!

Please contact Liny Chan (604-306-0500 or lchan@sfu.ca) if you have any questions.