



# **Kids/Youth Shotokan Karate Camp**

## **Immaculate Conception School**

### **8840 119<sup>th</sup> Street, Delta, B.C.**

**Saturday, May 25th, 2019 11:00 am**  
**to**  
**Sunday, May 26th, 2019 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**

Pre-register by Friday, May 17th, 2019.

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.