



## Nuns' Island JKA Intensive-Spring-Seminar-2024 May 4<sup>th</sup> & 5<sup>th</sup>

**Shahrokh Hoghooghi 7<sup>th</sup> Dan JKA**  
**Mark Deschatelets 6<sup>th</sup> Dan JKA**

We would like to invite you to the Nuns' Island-JKA Annual Spring-seminar-2024. The seminar will emphasize on betterment of good character, manners and discipline as well as providing the participants with the JKA standards in Kihon, Kata and Kumite. As always, we will have Dan and Qualifications theory classes for the higher ranks to attain their Instructors', Judges', and examiners' certifications. This seminar will also provide an atmosphere to cultivate friendship amongst various other dojo members.

### Nationals Training

The Canadian Nationals is two weeks after this seminar, therefore there will be a high focus for advance level on Kata & Kumite Shiai training.

**(Warmups start 15 minutes before the class)**

Saturday May 4 <sup>th</sup>	<p><b>09:30-10:15</b> Instructors' &amp; Examiners' qualifications .... (Theory-Nidan &amp; up)</p> <p><b>10:30-11:30</b> Warmup 10:15 All levels (Kihon &amp; Heian Kata)</p> <p><b>11:30-12:30</b> Brown &amp; Dan (Kihon, Kata, Jyu Ippon &amp; Jyu Kumite)</p> <p>12:30 Break</p> <p><b>13:00-13:45</b> Judges' qualifications ..... (Theory- Nidan &amp; up)</p> <p><b>14:00-15:00</b> Warmup 13:45 All levels (Heian &amp; Gohon Kumite)</p> <p><b>15:00-16:00</b> Brown &amp; Dan (Kata &amp; Jyu Kumite)-Nationals training</p>
Sunday May 5 <sup>th</sup>	<p><b>10:00-11:00</b> Warmup 9:45 All levels (Heian &amp; Kihon Ippon Kumite)</p> <p><b>11:00-12:00</b> Brown &amp; Dan (Kata &amp; Jyu Kumite)-Nationals training</p> <p>12:00 Break</p> <p><b>12:30-13:15</b> ..... (Written exams- Nidan &amp; up)</p> <p><b>13:30-14:30</b> Warmup 13:15 All levels (Kata &amp; Kumite)</p> <p><b>14:30-15:30</b> Brown &amp; Dan (Kata &amp; Jyu Kumite)-Nationals</p> <p><b>15:30-16:00</b> Brown &amp; Dan (Preparation for Shodan, Nidan &amp; San dan Exams)</p> <p>16:30 Exams start</p>

### **Seminar Registration fee**

Full seminar Brown & Dan	\$120 CND
Per class	\$35 CND
Full seminar Color Belts-Over 16 years old	\$100 CND
Per class	\$30 CND
Full seminar Color Belts-under 16 years old	\$80 CND
Per class	\$25 CND

Via E.transfer; to [nunsisland@canadajka.ca](mailto:nunsisland@canadajka.ca); please use karate as your password and include your name in the email

Or,

On site; Exact amount only

### **Dan registration fee**

Shodan	\$250 USD
Nidan	\$280 USD
Sandan	\$300 USD

### **Qualification registration fee**

Instructor	\$110 USD
Judge	\$110 USD
Examiner	\$160 USD

### **Dan & Qualification criteria**

Submission deadline April 27<sup>th</sup>

Must take full seminar

Must have your Sensei's permission

Must have a valid JKA-membership & passport

- 1- D-level Instructor: You must have attained your Nidan for at least 3 months and be 20 years or older.
- 2- D-level Judge: You must have attained your Nidan for at least 3 months and have your Instructor D-level.
- 3- 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 and you must be 25 years or older.

### **Seminar Location**

(Nuns'Island Tennis club)

300-Chemin du golf, Montreal, Qc, H3E-1A8

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