

## Spring-2026

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



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

(Winter session will end on April 4th)

>>> **Spring session: April 6<sup>th</sup> to June 13<sup>th</sup>** <<<

Monday (Elgar Dojo)	Tuesday (Tennis dojo)	Thursday (Tennis Dojo)	Saturday (Tennis Dojo)
18:15-19:15	18:15-19:15	18:15-19:15	10:15-11:30
<b>Beginners</b>	<b>Beginners White/Yellow/Orange</b>	<b>Beginners White/Yellow/Orange</b>	<b>Yellow &amp; up</b>
	19:20-20:30	19:20-20:30	11:30-12:00
	<b>Yellow &amp; up</b>	<b>Green &amp; up (Waza &amp; Bunkai)</b>	<b>Brown &amp; Black</b>
	20:30-21:00		
	<b>Brown &amp; Black</b>		

## Printemps-2026

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KARATE CLUB



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(La session d'hiver se terminera le 4 avril.)

>>> **Spring session: April 6<sup>th</sup> to June 13<sup>th</sup>** <<<

Lundi (Elgar dojo)	Mardi (Tennis dojo)	Jeudi (Tennis dojo)	Samedi (Tennis dojo)
18:15-19:15	18:15-19:15	18:15-19:15	10:15-11:30
<b>Débutants</b>	<b>Débutants Blanc/Jaune/orange</b>	<b>Débutants Blanc/Jaune/Orange</b>	<b>Jaune &amp; plus</b>
	19:20-20:30	19:20-20:30	11:30-12:00
	<b>Jaune &amp; plus</b>	<b>Vert &amp; plus (Waza &amp; Bunkai)</b>	<b>Brun &amp; Noir</b>
	20:30-21:00		
	<b>Brun &amp; Noir</b>		