

Victoria Karate Club

Kumite Seminar with Sensei Mark Minarik Hosted by Victoria Karate Club June 25 - 27, 2010



- *Sensei Mark Minarik is a 5th degree black belt registered with the ITKF*
- *32 Years of Experience in Shotokan Karate Training*
- *Provincial Kumite Champion for 10 consecutive years*
- *National and International Kumite Champion*
- *ITKF Team Canada athlete, and coach*
- *Chief Instructor of Midwest Karate Saskatoon*

The seminar will focus on the following principles of Kumite;

- Technical overview and preparation for Kumite
- Distance & Timing
- Strategy of Kumite
- Applications of Kumite

Location

St. Paul's High School
2200 Grant Avenue
Winnipeg, MB

Training Schedule

Friday June 25	7:00 pm – 9:00 pm	
Saturday June 26	10:00 am – 12:00 pm	2:00 pm – 4:00 pm
Sunday June 27	10:00 am – 12:00 pm	1:30 pm – 2:30 pm Kyu Examinations

Seminar Costs

Adults	\$75.00 Cad per person
Youth (up to 17 yrs of age)	\$35.00 Cad pp

Examination Fees

8 th Kyu to 7 th Kyu	\$25.00 Cad per person
6 th Kyu to 4 th Kyu	\$35.00 Cad pp
3 rd Kyu to 1 st Kyu	\$50.00 Cad pp

Kumite Seminar Registration Form

Name: _____
Address: _____
Phone: _____
Email Address: _____
D.O.B: _____



Registration Fee: _____

Please make cheques payable to “Victoria Karate Club”
c/o 78 Satinwood Place, Winnipeg MB R2N 3J7

Registration Deadline – June 21, 2010

Note – Full seminar participation is mandatory for examination
Spectators are welcome for examinations only

Victoria Karate Club
Chief Instructor: Sensei Gene Vincent
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