

The Association of Shotokan Karate invites you to attend the 15th Annual Summer Camp. This year the camp offers a wide variety of classes with guest instructors that is fun for the whole family.

Instructors

Chris Walker

Kristie Schafer

Marc Ward

Peter Stoddart

Adam Wackershauser

Featuring Yoga Passage Instructors

Gord Desautels

Tracy Mann

Featuring the 2004 WKF World Champion

Luis Plumacher

Costs

	ASK Member	Non-ASK Member
Fri Only	\$30	\$30
Sat Only	\$50	\$60
Sun Only	\$40	\$50
Whole Weekend	\$60	\$110

REGISTER AT

www.associationofshotokankarate.ca

CONTACT US AT

askaratecouncilalberta@gmail.com



15th Annual ASK Summer Camp

August 12-14, 2016

*Spray Lakes Sawmills
Family Sports Center
800 Griffin Road SE
Cochrane AB*

Schedule of Events

Start	End	Gym: Tatami 1-2	Gym: Tatami 3	Multipurpose Room	
FRIDAY, AUGUST 12					
1700	1800	Set up tatamis - Volunteers needed		N/A	
1800	1830	Registration		N/A	
1830	2030	ASK Instructors' Choice Instructors: Chris Walker and Kristie Schafer		N/A	
SATURDAY, AUGUST 13					
730	830	Registration		N/A	
800	845	Sport Conditioning (all levels) Instructor: Adam Wackershauser		Tournament 101 for Parents and new Competitors	
845	900	Break			
900	1015	Competition Basics for Children & Youth with a World Champion Instructor: Luis Plumacher	Kata Application Bunkai Instructor: Peter Stoddart	Instructor: Marc Ward	
1015	1030	Break			
1030	1145	Kumite training (all levels) Instructor: Luis Plumacher		Advanced Kata - Nijoshiho (3 kyu and up) Instructor: Marc Ward	
1145	1245	Lunch (Multipurpose Room)			
1245	1400	Children and Youth Class Instructor: Peter Stoddart	Advanced Kata - Unsu (3 kyu and up) Instructor: Marc Ward	N/A	
1400	1415	Break			
1415	1530	Competitive Kumite training (Green belts and Up) Instructor: Luis Plumacher		Competition Kata Training Instructor: Kristie Schafer	
1530	1545	Break			
1545	1715	Special Event: Yin and Tonic Instructor: Gord Desautels, Kung Fu Master, with Massage Therapists from Yoga Passage		N/A	
SUNDAY, AUGUST 14					
800	830	Sport Conditioning (all levels) Instructor: Adam Wackershauser		N/A	
830	845	Break			
845	1000	Children and Youth Class Instructor: Peter Stoddart	Self Defence (Event is open to parents) Instructor: Marc Ward	Advanced Kata Training Instructor: Chris Walker	
1000	1015	Break			
1015	1130	Kumite training (all levels) Instructor: Luis Plumacher		Advanced Kata - Gankaku (3 kyu and up) Instructor: Marc Ward	
1130	1145	Break			
1145	1245	Slow Flow Cool down and Stretch (Event is open to parents) Instructor: Tracy Mann, Multi-Martial Arts Specialist and Founder of Yoga Passage		N/A	
1245	1400	Tear down tatamis - Volunteers needed		N/A	
1400	1600	ASK Annual Family BBQ		N/A	