



Association of SHOTOKAN KARATE 空手

15th Annual ASK Summer Camp August 12 to 14, 2016 Spray Lakes Sawmills Family Sports Centre in Cochrane

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	

CAMP COSTS

	ASK Member	Non-ASK Member	
Fri Only	\$30	\$30	
Sat Only	\$50	\$60	Includes Sat. Lunch, Sat. yoga/massage
Sun Only	\$40	\$50	Includes Sun. BBQ
Whole Weekend	\$60	\$110	Includes Sat. Lunch, Sat. yoga/massage, Sun. BBQ

*ASK Members receive a Summer Camp T-shirt

REGISTER AT www.associationofshotokankarate.ca
or contact us at: askaratecouncilalberta@gmail.com

Karate Instructors

2004 WKF CHAMPION LUIS PLUMACHER

The Association of Shotokan Karate is proud to welcome 2004 WKF World Champion Luis Plumacher. Sensei Plumacher is a many time international champion and brings with him many years of experience competing at the highest levels in the world. This is a fantastic opportunity for all athletes and a lifetime experience for our younger athletes to train with a World Champion.



SENSEI PETER STODDART

Sensei Peter is a Karate Canada 6th Degree Black Belt born in Canada and raised in Scotland. He is an International Instructor, BC Winter Games Head Coach a Karate BC Provincial Coach and the Chief Instructor at Hollyburn Country Club in Vancouver with over 120 students. He was a Double Gold Medalist at Wado Kai World Championships and has competed and trained in Asia, Europe and North America over a 30 year career.



SENSEI ADAM WACKERSHAUSER

Sensei Adam is the Chief Instructor of Ippon Dojo and has been training in Shotokan Karate for over 20 years. He is an 18 time senior Provincial Champion, 7 time Senior National Medalist, Bronze medalist with the Senior Pan Am Team Kumite. In 2008, Gold ASK England National Championships and Bronze ASK England National Championships. He is a NCCP Trained Coach, A level official and a member of the Coaching Committee for Karate Alberta Association. His passion for karate has carried him all over the world and allowed him to teach and train with some of the best karateka in the world.



SENSEI MARC WARD

Sensei Marc is a 5th Degree Black Belt, with over 30 years of Shotokan Karate training. He has comprehensive teaching experience as well as a great understanding of physical conditioning as Certified Personal Trainer with the Health & Fitness Professionals Association of South Africa. His teaching style combines traditional aspects of martial arts and an understanding of self-defense with discipline and proper fitness development. He is the National Coaching Certification Program (NCCP) master learning facilitator for Alberta. Sensei Marc is a national & Pan-American level official.



SENSEI CHRIS WALKER

Sensei Chris Walker is the chief instructor for the Association of Shotokan Karate. He has over 30 years of experience in training, competing and coaching. He was a member of the Karate Alberta Association Provincial Team from 1985 to 2004, representing the Province of Alberta in national karate championships for approximately 19 years. During the same period he represented Canada in international competitions and competed for his own club across North and Central America, Asia, Europe and Russia. He holds a certificate from the National Coaching Certification Program and is an assistant coach with the Karate Alberta Association



SENSEI KRISTIE SCHAFFER

Kristie Schaffer is the chief instructor of the Waza-Ari Karate club and assistant instructor for the Association of Shotokan Karate. Sensei Kristie has been training in karate since 1998 and has completed at the provincial, national and international levels since 2000. She has completed at 16 Canadian National championships and has won two National Championship titles. In 2008, she won two gold medals at the ASK England National Championships in England. She became a provincial coach in 2013 and is currently a Certified Competition Introduction Coach with the National Coaching Certification Program. She is certified in Standard First Aid and CPR Level C.



Yoga Instructors

TRACY MANN

Tracy founded Yoga Passage in 2003. A Judo practitioner for many years earlier in life, Tracy resonated with the art. He is a Shodan with the Judo Association of Saskatchewan, Judo Canada and the Kodokan (Japan). He has competed both provincially and nationally. Tracy graduated from the University of Saskatchewan with three degrees: Kinesiology, Commerce and the Arts.



GORD DESAUTELS

The inward journey began in the early 1990s with training in the martial art of Kung Fu, and later in teaching the hard and soft styles of the art. Around 2000, Gord followed through on a desire to explore the world of yoga which at the time was to complement the martial art training, in terms of increasing flexibility. In a very short while he came to realize that he was gaining more benefit than bargained for from a regular practice of yoga.

