



Association of SHOTOKAN KARATE

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18th Annual ASK Summer Camp

August 9 to 11, 2019

Calgary, AB

Schedule of Events

Start	End
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FRIDAY, AUGUST 9

1730	1830	Registration / Mat Set-Up	
1830	1945	ASK Instructors' Choice Instructors: Chris Walker and Marc Ward	
1945	2100	Kumite Class Instructors: Kristie Schafer	

SATURDAY, AUGUST 10

830	900	Registration	
900	1000	Karate Warm up Instructor: Kristie Schafer	
1000	1010	Break	
1010	1115	Youth Kata Training Instructor: Chris Walker	WKF Kata Instructor: Marc Ward
1115	1125	Break	
1125	1215	Kumite Footwork Instructor: Kristie Schafer and Chris Walker	Traditional Class Instructor: Marc Ward
1215	1300	Lunch	
1300	1400	WKF Kumite Instructor: Kristie Schafer and Chris Walker	Youth Self Defence Instructor: Marc Ward
1400	1410	Break	
1410	1610	Break Fall Training / Judo Training Instructor: Marc Ward and Masa Kokame	
1610	1630	Cool Down Instructor: Chris Walker	

SUNDAY, AUGUST 11

900	930	Kumite Instructor: Kristie Schafer and Chris Walker	
930	1030	Children and Youth Class Instructor: Chris Walker	Adult Self Defence (Event is open to parents) Instructor: Marc Ward
1030	1230	Cool Down / Stretching / Massage Therapists Instructor: Chris Walker	
1230	1300	Tear down tatamis - Volunteers needed	

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