



Association of SHOTOKAN KARATE



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	Large Program Room (2nd Floor)	
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		*This event was created due to parent feedback and interest*	
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 (Large Program Room, 2nd Floor) - pre-registered event			
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 (Event is open to parents) Instructor: Gord Desautels, Kung Fu Master, from Yoga Passage with Massage Therapists		N/A	
SUNDAY, AUGUST 14					
800	830	Sport Conditioning (all levels) (Event is open to parents) 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: Gord Desautels, Yoga Passage		N/A	
1245	1400	Tear down tatamis - Volunteers needed		N/A	
1400	1600	ASK Annual Family BBQ - pre-registered event		N/A	

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