

SKA

ATHLETIC DEVELOPMENT

PROGRAM

COME OUT AND JOIN OUR TEAM AND ENJOY HOW YOU WILL INCREASE YOUR KARATE SKILLS

- If you are 14 years of age or older and hold a green belt or higher in your style you are welcome to attend the team training sessions.
- Cost of the training is \$200.00 for the year or \$50 per weekend.

Enhance your current kata performance and learn kumite timing and distance strategies. Want to try team kata? Individuals wishing to compete in this event will be put on a team and taught synchronized kata and bunkai (application) for competition. What about En-Bu? This is a “demonstration of self-defense”. It is a very exciting event and can be performed as a man/woman or a man/man team. For Black belts wishing to develop themselves as a well-rounded karate-ka, fukugo is the way to go. Fukugo is a combination of kata and kumite and is a national and international event.

NOTE: Session fees must be paid in full for members to be eligible to receive travel or other reimbursements.

COACHES: Dave Smith & Graham Guthrie

To register contact: Saskatchewan Karate Association
(306) 374-7333 or E-mail: sk.karate@shaw.ca

Come out and join the team!!!