



系東流空手カナダ Shitoyu Karate Canada

Web: <http://www.shitokai.ca> - Email: [shitoyucanada@gmail.com](mailto:shitoyucanada@gmail.com)  
77 Finch Ave East, Toronto, Ontario M2N 6H8 – Canada Tel: +1 416-402-7119

## Shitoyu Karate Canada Presents

Technical Shitoyu Karate Seminar by:

**Master Kyoshi Shoko Sato 8<sup>th</sup> Dan**

*President of Pan-American Shitoyu Karate-do Federation (PSKF)*

*Hosted by Shitoyu Karate Quebec & Larouche karate*

**May 1<sup>st</sup> and 2<sup>nd</sup> 2015**



*Karate practice is related to one's heart and sincerity.*

*It allows the body and spirit to be united.*

*It is important to continue to develop your personal capacity and to continue to achieve your goals in the art that you have chosen. It should not be forgotten that Karate is a lifestyle for each person and the most important thing in Karate is to become better.*

*Shito-Ryu Karate Quebec is a dynamic organization which is always looking out for everyone's well-being. This year, it gives us great pleasure to invite **Master Kyoshi Shoko Sato** to Canada*

*This Seminar is offered only to those who practice traditional Karate. You are encouraged to register as soon as possible, that is, before April 29, 2015.*

*The main intention of this event is a simple friendly gathering. The schedule of events for this Seminar has been considered for all participants so that their goals can be achieved.*

全日本空手道連盟系東会、世界系東流空手道連盟およびパンアメリカン系東流空手道連盟と連携していることを誇りにしています。  
Proudly affiliated with All Japan Karate Do Shitokai, World Shitoyu Karate Do Federation and Pan-American Shitoyu Karate Do Federation



# 系東流空手力ナダ Shitoryu Karate Canada

Web: <http://www.shitokai.ca> - Email: [shitoryucanada@gmail.com](mailto:shitoryucanada@gmail.com)  
77 Finch Ave East, Toronto, Ontario M2N 6H8 – Canada Tel: +1 416-402-7119

***This will help us determine if our behaviour corresponds to our goals.***

***We are looking forward to seeing you at this great event May 1<sup>st</sup> 2<sup>nd</sup> 2015 for another good time.***

***Sensei Claude Larouche 6<sup>th</sup> Dan,***

*Shitoryu Karate Canada, Co-Founder & Technical Director, Shitoryu Karate Quebec*

***Allen Tanzadeh, Renshi 7<sup>th</sup> Dan,***

*Shitoryu Karate Canada, Founder & Technical Director*

*Pan-American Shitoryu Karate, Secretary General*

*World Shitoryu Karate Federation, Member of Standing Directors*

Questions and more information, please contact [shitoryucanada@gmail.com](mailto:shitoryucanada@gmail.com) or ***you can reach Sensei Larouche at:***  
***819-568-4545***



# 系東流空手力ナダ Shitoryu Karate Canada

Web: <http://www.shitokai.ca> - Email: [shitoryucanada@gmail.com](mailto:shitoryucanada@gmail.com)  
77 Finch Ave East, Toronto, Ontario M2N 6H8 – Canada Tel: +1 416-402-7119

## SCHEDULE OF EVENTS

Friday, May 1st, 2015 7.00 P.M. - 9.00 P.M.  
**Brown and Black Belt Only**

Saturday, May 2nd 2015 10.00 A.M. - 12.00 P.M.  
**Orange Belt to Black Belt**

**Lunch 12.00 P.M. - 1.00 P.M.**

**Seminar 1.00 P.M. - 3.00 P.M.**

**3.00P.M to 3.30P.M. taking photos**

**6.30P.M Dinner**

## SATURDAY

**Canteen services will not be available**

**Bring a healthy lunch**

**P.S. If YOU PAY BY CHEQUE YOU MAY SEND YOUR COMPLETE PAYMENT**

**(post dated cheque for April 20th, 2015)**

**PAYABLE TO CLAUDE LAROUCHE**

**At the following address:**

**Larouche Karaté Dojo 867, St-René Blvd West, Suite 5 Gatineau, Québec, CANADA J8T 7X6**



# 系東流空手カナダ Shitoryu Karate Canada

Web: <http://www.shitokai.ca> - Email: [shitoryucanada@gmail.com](mailto:shitoryucanada@gmail.com)  
77 Finch Ave East, Toronto, Ontario M2N 6H8 – Canada Tel: +1 416-402-7119

## Registration Form

- **NOM / NAME** ----- **PRÉNOM / FIRST NAME** -----
- **DOJO** ----- **AGE** -----
- **CEINTURE / BELT** ----- **FORFAIT / COST (A -D)** ----- **Total**-----

**Please return with your registration**

---



# 系東流空手カナダ Shitoryu Karate Canada

Web: <http://www.shitokai.ca> - Email: [shitoryucanada@gmail.com](mailto:shitoryucanada@gmail.com)  
77 Finch Ave East, Toronto, Ontario M2N 6H8 – Canada Tel: +1 416-402-7119

## A) Seminar for Both Days

Brown and Black Belts only	\$95.00 -----
Pre-registration before April 20 <sup>th</sup> , 2015	
Juniors under 12 years old	\$75.00 -----
After April 20 <sup>th</sup> , 2015	\$110.00 -----

---

## B) Seminar - FRIDAY ONLY

Brown and Black Belts only	
Registration before April 20 <sup>th</sup> , 2015	\$80.00 -----
Juniors under 12 years old	\$60.00 -----
After April 20 <sup>th</sup> , 2015	\$95.00 -----

---

## C) Seminar – SATURDAY ONLY Orange to Black Belts – Teens and Adults

Pre-registration before April 20 <sup>th</sup> , 2015	\$95.00 -----
Juniors under 12 years old	\$60.00 -----
After April 20 <sup>th</sup> , 2015	\$95.00 -----

---

### Private Dinner with Kyoshi Shoko Sato

The Forum Restaurant Le Forum 2<sup>nd</sup> Floor [www.leforum.ca](http://www.leforum.ca)

Each Person will be responsible of their bill

815, rue Jacques-Cartier Gatineau, QC. J8T-2W2

We already have a reservation for 6.30PM on May 2<sup>nd</sup>

**Evening wear mandatory for all**

**For "SKC" black belts Jacket and WSKF Badges and tie**

**Grey pants for man and Grey Skirt for woman**

Limited places please reserve early

Regarding persons from outside the region, if you wish to use the Dojo  
(Larouche Karate, Shitoryu Karate Quebec Honbu Dojo) facilities overnight, please bring your sleeping bags and  
towels. Restaurants and Shopping Centres are at a short distance from the Dojo.

Please make your reservations as soon as possible.

**SENSEI Claude Larouche 819-568-4545**



# 系東流空手カナダ Shitoryu Karate Canada

Web: <http://www.shitokai.ca> - Email: [shitoryucanada@gmail.com](mailto:shitoryucanada@gmail.com)  
77 Finch Ave East, Toronto, Ontario M2N 6H8 – Canada Tel: +1 416-402-7119

For those who wants to reserve the hotels;

## **Motel Adam**

**Adress 100 Blv. Gréber, Gatineau, Québec J8T-3R1**

**Reservation Téléphone : 1800-757-2326**

**[www.moteladams.com](http://www.moteladams.com)**

---

## **Comfort Inn**

**630 Blv. LaGappe, Gatineau Québec J8T-7S8**

**Reservation Téléphone 1800-267-3837**

**[www.choicehotels.ca/cn325](http://www.choicehotels.ca/cn325)**

---

## **Hotel V**

**585, BOUL. LA GAPPE, GATINEAU, Québec**

**Reservation Telephone 1800 926.6489**

**<http://hotelv.ca/>**