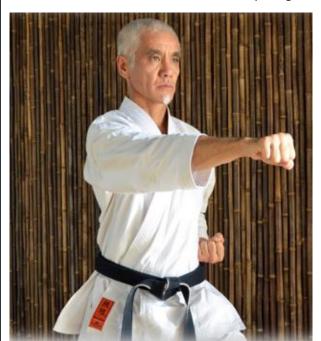
Toru Shimoji Seminar - The Tradition Continues

Kata / Kumite / Timing and Footwork * Meditation and Energy Class for the Public

Power Karate Academy is excited to invite you to take part in a weekend Seminar with world renowned Instructor Sensei Toru Shimoji

Friday May 10th - Sunday May 12th

Among other topics Sensei Shimoji will be covering: Kata / Kumite (Timing and Footwork) / Kicking



"In-depth lessons with a world-renowned teacher!"

- Sensei Toru Shimoji, 5th Dan, is an international kata champion.
- Student of the world's greatest karate authority, Master Hidetaka Nishiyama.
- Sensei served as the president of the American Amateur Karate Federation (AAKF) from 2009 to 2011.
- Sensei Shimoji received his Dan rankings and instructor certification from his teacher, Hidetaka Nishiyama.
- Sensei Shimoji additionally holds a B.S. in Kinesiology from UCLA.
 - Among his notable achievements, Sensei Shimoji was the head coach for the US National Team, Kata Champion of the 2000 Nishiyama Cup in Moscow, and silver medalist at the 2002 ITKF World Championships in Belgrade, Yugoslavia.

Location

Manuals River Interpretation Center

7 Conception Bay Hwy, CBS, NL, A1W3A2

Phone: (709) 330-9923

powerkarateacademy@gmail.com

Seminar Schedule

Friday, May 10, 2019

7:30pm-9:00pm Black Belts

Saturday, May 11, 2019

9:00am-10:30am Youth (ages 8 and younger)

11:00am – 12:00pm Meditation / Energy Class (Open to General Public)

1:00pm –5:00pm Advanced (ages 9 years and older)

Sunday, May 12, 2019

8:00am-10:00am Advanced (ages 9 years and older) **10:00pm-12:00pm** Grading

Seminar Cost: Tax incl.

Seminar Fee: \$120: Advanced (ages 9 years and older) \$50: Youth (ages 8 and younger) Meditation / Energy Class: \$20 for Public (free for seminar attendees)

Links:

Sensei Shimoji's Dojo Website www.karateatl.com

Power Karate Academy Website www.powerkarateacademy.com

Youth Students

Sensei Shimoji specializes in teaching children of all ages. This seminar will help you improve technique, remove bad habits, and greatly enhance your Kumite and Kata as well as overall Confidence









Power Karate Academ

[&]quot;A refreshing intensive in body mechanics and Karate efficiency with a long-time student of Nishiyama Sensei."