

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

Location

Manuels 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



"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.

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



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