



# Summer Camp 2010



**Combat and strategy**

空  
手  
道

## TROIS-RIVIÈRES SHITO-RYU KARATÉ CLUB



Hello to you all,

Our Karate City Camp will be held from Friday the 13th of August, to Sunday the 15th of August, 2010. This year, we have the chance to have with us the chief instructor of the Canadian Karate team. Manuel Monzon Sensei.

Please, find below a short summary of sensei Monzon's sportive biography.

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Manuel A. Monzon was a proud competitor. He is a 6th DAN black belt in karate-do. He won twice the Argentinean championship, in Buenos Aires. He was also five times gold medalist in the Canadian championships. Participant in many international competitions, he won the first gold medal for Canada in the Pan-American Championships at New Orleans in 1988. He was the first Canadian to win the gold medal in the North-American Cup in Mexico. He won the bronze medal in the World Championships in 1986, in Sydney, Australia.

Sensei Monzon is the chief instructor of the Canadian Karate team. He was the chief instructor of the Canadian team in the Pan-American Championships, in Winnipeg in 1999, in the Pan-American Championships in Santo Domingo, in 2003 as well as in Rio de Janeiro, Brazil in 2007.

He was recently honored by the major of Montreal for his remarkable work at the the Pan-American Championships.

He obtained the honor recognition from the National Karate Association, in March 2003.

Moreover, Manuel is a prosperous entrepreneur who has his own company of high technology in satellite communications. Manuel is a family man. His engagement to help the others to bring changes to their lives is only exceeded by its devotion to his three children and his wife.

Looking forward to seeing you at our city karate camp 2010,

André Pronovost  
6<sup>e</sup> dan WSKF  
Technical Director,  
Québec Region

*"The best Camp ever!!"*

# Day Camp

OBJECTIVE : FRIENDSHIP

## Registration Form

Thank you for your interest in the TROIS-RIVIÈRES SHITO-RYU KARATE CLUB and its Karate Day Camp. The camp will be opened to other martial arts disciplines apart from the Karate Shito Ryu. A camp, which will become increasingly popular each year!

In order to register, you must:

- 1. Fill in the registration form as well as the medical information form.**
- 2. Enclose all the required documents and your check.**
3. Please, send your registration documents to the following address, Hombu Dojo:

SHITO-RYU TROIS-RIVIÈRES 162 St-Laurent, local 204 Three Rivers QC G8T 6G3 5.

Please notice that the full payment is required in order to assure your place at the karate day camp. Please, see below the registration fees table. This camp will take place on Friday, the 13th of August, from 19:30 to 21:30, on Saturday the 14th of August from 8:00 to 20:00 and on Sunday, the 15th of August from 9:00 to 12:00.

In appendix you will find:

- How to go there?
- An alternative place is identified in order to pick up your child at the end-of-day.

Meals are not included in this fixed price.

Karate city camp fees:

<b>Children = 14 years old or younger</b>	Adults	Children
Karate city camp (2 days)	110\$	70\$
One day	70\$	50\$
One course	30\$	20\$
Late registration additional fees , after the 30th of June	+25\$	+15\$
Non-refundable fees <i>(if cancellation)</i>	25\$	20\$

*“The best Camp ever!!”*

**KARATE CITY CAMP  
MAKE YOUR RESERVATION  
AS SOON AS POSSIBLE**

**Karate City Camp Schedule**

**FRIDAY**

The Camp starts with a course on combat on Friday evening and ends with a PIZZA - KUMITE after the course.

**SATURDAY**

*Saturday morning meeting for instructors and black belts from 6:30 to 7:30, at the restaurant Pizzeria-67 – Tel.: 819-693-6767, 5840, boulevard Jean-Xxiii, Trois Rivieres, QC, G8Z4B5, very close to the motorway. Children and adults interested in having breakfast with us are welcomed.*

The camp begins at 8:00 with a YOSEIKAN BUDO course and finishes at 20:00. Parents can come to pick up their children between 20:00 and 20:30.

**SUNDAY**

*Sunday morning meeting from 7:00 to 8:00, at the restaurant Pizzeria-67 – Tel.: 819-693-6767, 5840, boulevard Jean-Xxiii, Trois Rivieres, QC, G8Z4B5 (PLEASE, in karate gi). Children and adults interested in having breakfast with us are welcomed.*

The camp begins at 9:00 with a YOSEIKAN BUDO course and finishes at 12:00. Parents can come to pick up their children between 12:00 and 12:30 to join us for a Indian corn 'épluchette' and a hot dog party which will take place at CHARLES LORANGER.

The activities at the day camp will be:

- Martial arts courses
- Agility exercises
- Combat exercises
- Other sports and games between the courses, such as:
  - volley ball
  - badminton
  - swimming
  - canoeing
  - kayak
  - quad
  - campfires, marsh mallows
  - Paint-ball (to be organized)
  - *evening on the Ms-Jacques Cartier with supper and fireworks, if the schedule allows it*
  - And much more.

*“The best Camp ever!!”*

## Camp Schedule

### FRIDAY : KARATE / PIZZA

19h30 – 20h30	Combat – pressure
20h45 – 21h30	Combat – strategy vs score
<b>Bring 6\$</b>	<b>PIZZA KUMITE</b>

### SATURDAY

7h30 – 8h00	Arrival at Yoseikan Budo, karate gi
8h00 – 9h30	<b>MATSUMURA PASSAI - KATA</b>
9h30 – 10h30	Stretching – break
10h30 – 12h30	<b>COMBAT with MANUEL MONZON chief instructor of KARATÉ CANADA</b>
12h30 – 14h00	Lunch, sports and games
14h00 – 16h00	<b>COMBAT with MANUEL MONZON chief instructor of KARATÉ CANADA</b>
16h00 – 18h00	Break, dinner, sports and games
18h:00 – 20h00	<b>COMBAT with MANUEL MONZON chief instructor of KARATÉ CANADA</b>
20h00- 20h30	Participant's departure – Camp fire, marshmallows and meeting with sensei Manuel Monzon.

### SUNDAY

8h30 – 9h00	Arrival at Yoseikan Budo, karate gi
9h00 – 10h30	<b>COMBAT with MANUEL MONZON chief instructor of KARATÉ CANADA</b> <b>KIHON IPPON KUMITE with parents, André Pronovost</b>
10h30 – 11h00	****Break, tidy up time.
11h00 – 12h00	<b>Questions</b>
12h00 – 12h30	<b>Distribution of the camp recognition trophies</b>
14h00	Meeting at <b>Charles Loranger's</b> house Ballons, Music, lunch, fire camp, singing, swimming, etc

**\*IMPORTANT: your registration must enclose your paiement**

NOTE :

ALL THE COURSES WILL TAKE PLACE AT **YOSEIKAN BUDO**, 7300 Ch. ST-MARGUERITTE (BOUL. JEAN XXIII) TROIS-RIVIÈRES, 819 377-5600 OR 819.693.2193

Directions :

[http://maps.google.ca/maps?hl=fr&source=hp&rlz=1W1ADBR\\_fr&oq=&um=1&ie=UTF-8&q=Yoseikan+Budo+Trois-Rivi%C3%A8res&fb=1&gl=ca&hq=Yoseikan+Budo&hnear=Trois-Rivi%C3%A8res&cid=0,0,2581612785737232592&ei=sUxjs9KIINub8Aab9Z2hAw&sa=X&oi=local\\_result&ct=image&resnum=4&ved=0CBEQnwIwAw](http://maps.google.ca/maps?hl=fr&source=hp&rlz=1W1ADBR_fr&oq=&um=1&ie=UTF-8&q=Yoseikan+Budo+Trois-Rivi%C3%A8res&fb=1&gl=ca&hq=Yoseikan+Budo&hnear=Trois-Rivi%C3%A8res&cid=0,0,2581612785737232592&ei=sUxjs9KIINub8Aab9Z2hAw&sa=X&oi=local_result&ct=image&resnum=4&ved=0CBEQnwIwAw)

*“The best Camp ever!!”*



## TROIS-RIVIÈRES SHITO-RYU KARATÉ CLUB



Registration deadline: August 11.

Register early so that you do not miss all the pleasure!

Dear parents, unless otherwise specified, the participants must bring these articles.

1. Rucksack to transport its personal objects clearly marked with its name.
2. Complete uniform of karate or trousers and Tee-shirt of the club (which will be on sale)
3. Snacks and beverages
4. Water bottle
5. Clothing of replacement (uniform or ordinary clothing)
6. Waterproof jacket
7. Bathing suit and sun lotion
8. Buffet (to dine) and supper Saturdays, soccer ball, Frizz Bee, etc
9. Friday is a drive/pizza pie, (6\$ additional are necessary for the pizza pie)
10. Plays appropriate to the age of your child or a film.

\*We are not responsible in the event of loss/breaking.

Please, make sure that your child has all the equipment. If your child is sick or he can not take part in the activities, we will contact you to come and pick him up. To note: we will not grant any refunding.

Be assured that it will be an amusing and stimulating camp. It is with pleasure that our three experts of National and International level will give the courses to all the participants. The instructors who will be in the camp are: Manuel Monzon chief instructor of the Canadian team, Gilles Renaud - Quebec Karate Association, Andre Pronovost - Shito-Ryu.

If you have questions, you can contact us on the 819-693-2193 or at home on the 819.694-7150.

See you at the Camp!

Yours sincerely,

M. André Pronovost  
Technical Director  
6° dan WSKF

*"The best Camp ever!!"*



**ASSURER VOTRE PLACE AU CAMP DE JOUR**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ TELEPHONE \_\_\_\_\_

PARENT OR LEGAL TUTOR: \_\_\_\_\_

OCCUPATION \_\_\_\_\_ TELEPHONE AT WORK: \_\_\_\_\_

**Camp fees:**

Children = 14 years old or younger	Adults	Children
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One day	70\$	50\$
One course	30\$	20\$
Late registration additional fees , after the 30th of June	+25\$	+15\$
Non-refundable fees (if cancellation)	25\$	20\$

Regular camp activities – See the schedule on the notice board or by email

- ▶ From 8h00 am
- ▶ To maximum 20:00 pm, on Saturday

**Camp Fees**

The students attending the day camp must pay the balance due for the camp at the expiration date or at the latest on August 11, 2010. If non-payment is received, your child will be able to take part in the camp.

Day camp	Number of participants	Amount \$
From the 13th to the 15th of August		
One day		
One course		
Total amount		\$
* Payment: cash or check		
<b>Check number</b>		

I, \_\_\_\_\_, agree to pay the balance due, according to the terms of payments mentioned above. I understand that by registering my child, I m' engage to fill the financial conditions of the studio of karate SHITO-RYU TROIS-RIVIÈRES.

**Parent or Tutor Name:** \_\_\_\_\_  
(en lettres moulées)

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*“The best Camp ever!!”*



# TROIS-RIVIÈRES SHITO-RYU KARATÉ CLUB



Fill this form and to join your check, in the name of: Club of Shito-Ryu Karate

## Day Sumer Camp- 2010

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Medical information form

Name \_\_\_\_\_ - age \_\_\_\_\_

Grade- \_\_\_\_\_ Instructor - \_\_\_\_\_

Parents or tutor name \_\_\_\_\_

Address : \_\_\_\_\_ Telephone : \_\_\_\_\_

Person to join in case of an emergency \_\_\_\_\_

Emergency telephone: \_\_\_\_\_

Family doctor's name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Medical insurance number: \_\_\_\_\_  
.....

\_\_\_\_\_(Initial) I give my assent to the studio of YOSEIKAN BUDO and Karate SHITO-RYU TROIS-RIVIÈRES, his instructors, employees, or all the first aids personnel to take care of my child (named above) in case of an emergency and to transport him/her by ambulance if the situation justifies it.

\_\_\_\_\_(Initial) I give the assent to studio YOSEIKAN BUDO and the studio of Karate SHITO-RYU TROIS-RIVIÈRES to authorize the transport of my child (named above) by the " studio YOSEIKAN BUDO and/or by Karate SHITO-RYU TROIS-RIVIÈRES " , by the company of ambulance or any other person having authority.

I understand that karate, the judo, the jiu-jitsu and of all other martial arts are sports implying a physical contact and a physical exercise. It is always advised to contact your doctor before taking up a physical program of conditioning (and sports of outdoor). The participant devoting himself voluntarily to this activity type, gives up any complaint or the right to bring proceedings against studio YOSEIKAN BUDO, the studio of Karate SHITO-RYU TROIS-RIVIÈRES, the company of ambulance, Mr. Marc Beaudry and André Pronovost, student personnel, teachers, the voluntary ones, and the management, of all the wounds which occur, by negligence or not, while taking part of all the karate activities or any other event of martial arts, camp activity or physical program of conditioning.

I understand that, at the time of a camp of Karate and after a course of Karate, constantly we can be implied in the following activities: KARATE, AGILITY TRAINING, JUGGLING, FOOTBALL, SWIMMING, PAINTING, KARTING, PARK ACTIVITIES; ATTRACTIONS, OUTWARD JOURNEY IN THE PARK, FISHING, ROLLER SKATING, ICESKATING, BASKETBALL, PAINTING, and much other activities and sports. I am conscious of the risks and the dangers inherent in the use of certain equipment or the installations at the time of the activities during the camp, I recognize all the risks of loss and damage, including the death, which perhaps incurred by the participant. By signing this form of assent and release, I recognize that I read what precedes and to have included/understood the terms appearing in this form of assent and release.

I voluntarily sign. I RECOGNIZE THAT MY CHILD IS IN EXCELLENT PHYSICAL HEALTH AND IS ABLE TO PARTICIPATE IN THE ENTERTAINING ACTIVITIES AND GAMES, INCLUDING the ACTIVITIES ABOVE NAMED AND OTHER NOT MENTIONED OR INDICATED.

Date \_\_\_\_\_ Signature \_\_\_\_\_

*"The best Camp ever!!"*

## APPENDIX:

Directions to : **dojo SHITO RYU TROIS-RIVIÈRES**

<http://www.mapquest.fr/mq/maps/mapAddress.do?cboCountry=CA&txtAddress=162%20St-Laurent&txtCity=Trois-Rivi%E8res&txtPostcode=G8T%206G3&txtState=QC>

**Which way to take?**

## LEAVING FROM MONTREAL

Motorway 40 Is, motorway 55, Quebec direction by taking the 755

Exit #203-S direction Thibeau-South (road 157)

At the second light, turn on your left on the street Berlinguet.

At the next Stop, turn on your line on the street St-Laurent.

Always continue straight on the street St-Laurent, you must pass 4 lights.

At Latreille intersection - St-Laurent, continue a few meters on the street St-Laurent, turn on your left in the car park, the dojo is with Room 204.

## LEAVING FROM QUEBEC Motorway 40 West, exit #203

Direction St-Louis de France, Shawinigan Southern

At the Stop, you turn left To the lights, you turn a left on Thibeau-South.

At Thibeau-South (you cross the viaduct), you pass 2 lights

At the second light, turn on your left on the street Berlinguet.

At the next Stop, turn on your line on the street St-Laurent.

Always continue straight on the street St-Laurent, you must pass 4 lights.

At Latreille- St-Laurent intersection , continue a few meters on the street St-Laurent, turn on your left in the car park of the 162, St-Laurent. The dojo is with Room 204.

## LEAVING FROM SOUTHSORE

Follow the directions to go to Trois Rivières.

When you cross the Laviolette bridge, follow the indications towards Quebec.

Exit #203-S direction Thibeau-South

At the second light, turn on your left on the street Berlinguet.

At the next Stop, turn on your line on the street St-Laurent.

Always continue straight on the street St-Laurent, you must pass 4 lights.

At Latreille- St-Laurent intersection, advance a few meters on the street St-Laurent, turn on your left in the car park of the 162, St-Laurent. The dojo is with Room 204.

APPENDIX:

Directions to : **dojo YOSEIKAN BUDO TROIS-RIVIÈRES**

[http://maps.google.ca/maps?hl=fr&source=hp&rlz=1W1ADBR\\_fr&oq=&um=1&ie=UTF-8&q=Yoseikan+Budo+Trois-Rivi%C3%A8res&fb=1&gl=ca&hq=Yoseikan+Budo&hnear=Trois-Rivi%C3%A8res&cid=0,0,2581612785737232592&ei=sUxjS9KIINub8Aab9Z2hAw&sa=X&oi=local\\_result&ct=image&resnum=4&ved=0CBEQnwIwAw](http://maps.google.ca/maps?hl=fr&source=hp&rlz=1W1ADBR_fr&oq=&um=1&ie=UTF-8&q=Yoseikan+Budo+Trois-Rivi%C3%A8res&fb=1&gl=ca&hq=Yoseikan+Budo&hnear=Trois-Rivi%C3%A8res&cid=0,0,2581612785737232592&ei=sUxjS9KIINub8Aab9Z2hAw&sa=X&oi=local_result&ct=image&resnum=4&ved=0CBEQnwIwAw)

Which way to take?

**LEAVING FROM MONTREAL**

Motorway 40 east, motorway 55, Quebec direction by taking the 755  
Exit #183-S, while descending the coast  
At the Stop, turn on your left on Boul. St-Jean.  
At the next Stop, turn on your right on the way St-Marguerite.  
Always continue straight on the way St-Marguerite.  
Continue approximately 1500 meters on the way St-Marguerite, on your right the car park of Yoseikan Budo.

**LEAVING FROM QUEBEC**

Motorway 40 West Direction towards Montreal while assembling the coast on the 755  
Take the exit #183-North. At the light, to right, you turn and pass on the viaduct of the motorway, direction way St-Marguerite at the Stop, continue straight on the way St-Marguerite. .  
Continue approximately 1500 meters on the way St-Marguerite, on your right the car park of Yoseikan Budo, 7300, boul. Co.-Marguerite.

**LEAVING FROM SOUTHSHORE**

Follow the indications to go to Trois Rivières  
When you cross the Lavolette bridge, while assembling the coast on 755 take the exit #183-North.  
At the light to right, you turn will pass on the viaduct of the motorway, direction way St-Marguerite  
At the Stop, continue straight on the way St-Marguerite. .  
Continue approximately 1500 meters on the way St-Marguerite, on your right the car park of Yoseikan Budo, 7300, boul. Co.-Marguerite.

**PERSONE TO CONTAC AT YOUR ARRIVAL:**

Marc Beaudry  
André Pronovost

**ARRIVAL TIME: 19h00, Friday the 13th août**

**DEPARTURE TIME: Sunday 12h00 - 13h00**

**FIRST COURS: Friday 19h30**

NOTE: You can sleep at the dojo of SHITO-RYU TROIS-RIVIÈRES, bring your sleeping bag and pillow.