

# EVENTS COMING UP

***Tō-Kon Dojo: Kenkokan/Koshiki Contact Karate, Buly-proofing & Jiu-Jitsu Grappling***

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## 2019 – April to June

CLUB DATES	CLUB EVENTS & DESCRIPTION
Thur. & Sat. – Apr. 4 & 6	All classes resume at the Beaconsfield Recreation Center
Saturday – Apr. 6	All classes will be held <u>OUTSIDE</u> .
Thur. & Sat. – May 16 & 18	Train with a friend or family member – No experience or uniform necessary
Sat. – Jun 1	Beaconsfield Koshiki Karate Tournament Children: 9h – 11h Teens/adults 11h am -1h pm
Sat. – Jun 15	Belt level EXAMS Exam preparation letters will be handed out.
Thur. & Sat. – Jun. 13 & 15	End of trimester for Karate, Jiu-Jitsu & BULLY-PROOFING classes After class party at the Beaconsfield Recreation Center – Pizza & drinks (June 15) New session resumes on Saturday, Sept. 14, 2019
WOMEN'S SELF-DEFENSE	WOMEN'S SELF-DEFENSE COURSES & WORKSHOPS
March to May	College Charlemagne & Marie Clarac High School Women's 'hands-on' Self-defense course - FULL
Friday – April 5	Côte Des Neiges Women's 'hands-on' Self-defense Workshop - FULL
Friday – April 12	Villa Maria High School Women's 'hands-on' empowerment Workshop - FULL
Saturday – April 13	Sacred Heart School Mom & Teen 'hands-on' Self-defense Workshop - FULL
Monday – April 29	Women's Self-defense Workshop given in French, open to the public – FREE. Bibliothèque d'Ahuntsic : 6h 00 – 8h 30 pm. Contact Mr. Manoli to register (gmanoli@videotron.ca).
FRAUD	FRAUD PREVENTION
Monday – May 13	Fraud prevention given in French. Open to the public – FREE. Bibliothèque d'Ahuntsic. Given by Mr. Manoli & Tandem Montreal. 6h 00 – 8h 00 pm. Contact Mr. Manoli to register (gmanoli@videotron.ca).
DON'T BULLY ME!	PARENT-CHILD DON'T BULLY ME! WORKSHOP
Monday – April 1 & 15	Don't Bully Me! Parent/Child Workshop given in French – FREE. Bibliothèque d'Ahuntsic: 6h 00 – 7h 30 pm. Contact Mr. Manoli to register (gmanoli@videotron.ca).

