



EVENTS COMING UP

Tō-Kon Dojo: Kenkokan/Koshiki Contact Karate, Buly-proofing & Jiu-Jitsu Grappling
 Sensei George Manoli: (438) 392-4683 www.manoli.ca gmanoli@videotron.ca

January 11 – March 28, 2020

KARATE	CLUB EVENTS & DESCRIPTION
Jan. 11 to Mar. 28	All Karate, bully-proofing & Jiu-Jitsu classes resume at the Beaconsfield Rec. Center Beaconsfield Recreation Center - 1974 City Lane, Beaconsfield 5-7 years old Thursdays 6h 00 - 7h 10 pm & Saturdays 8h 30 - 9h 45 am 8-10 years old Thursdays 6h 00 - 7h 10 pm & Saturdays 9h 30 - 10h 50 am Teens & Adults Thursdays 7h 15 – 9h 00 pm & Saturdays 11h 00 am – 1h 00 pm
Thur. & Sat. : Feb. 20 & 22	Train with a friend or family member No experience or uniform necessary – Everyone welcome
Sunday : Mar. 15	Mirabel Cup - Koshiki Karate Tournament More information to come
Saturday : Mar. 21	Beaconsfield - Koshiki Karate Tournament Children: 9h – 11h Teens/adults 11h am -1h pm
Saturday: Mar. 28	Beaconsfield – In-house Jiu-Jitsu Tournament during regular classes.
Saturday: Mar. 28	Belt level exams (11h am) Exam preparation letters will be handed out.
Saturday: Mar. 28	End of January to March training session Classes resume on Thursday, April 2, 2020



DATE	'HANDS-ON' WOMEN'S SELF DEFENCE COURSES & WORKSHOPS
Sunday: Jan. 12	Senior 'Street Smart' workshop - Redpath Street, Mtl., Qc. – FULL
Saturday: Feb. 8 1h 45 – 3h 45 pm	'Hands-on' self-defense workshop for women & teens - FREE City of Beaconsfield Rec. Center: 1974 City Lane, Beaconsfield. (514) 428-4400 You must register with the Recreation center – space is limited For 13+ years of age. No experience necessary – wear loose comfortable clothing.
February to April, 2020	'Hands-on' Self-defence courses will be given at the following locations <ul style="list-style-type: none"> • Villa Maria high school – FULL • Marie Clarac high school – FULL • College Charlemagne – FULL
Sunday Jan. 26, Feb. 9 & 16	Plateau Montreal 'Hands-on' Self-defence courses - FULL
Sunday March 22 & Oct. 18 2h 30 to 5h pm	City of Hampstead 'Hands-on' Self-defence workshops Open to the public Must be 13+ years of age. To register, contact the city of Hampstead: (514) 369-8200

