

News & Views

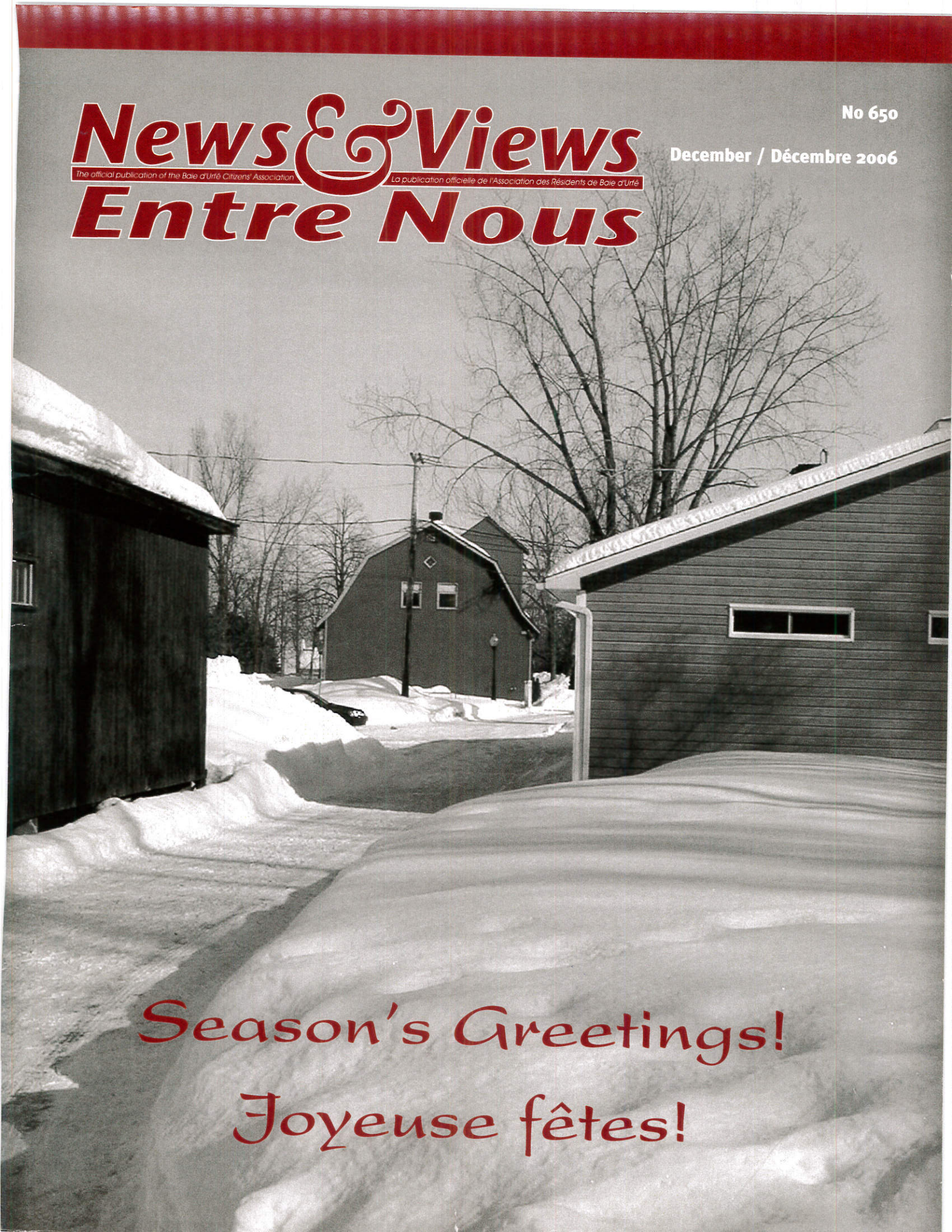
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Entre Nous

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Season's Greetings!
Joyeuse fêtes!

News from the Red Barn Karate and Grappling Club

Our club is busy at work preparing for the various Karate events that are quickly coming up in the near future, especially the World Safety Contact Karate Championships which will be held in Montreal this August. Our membership is slowly growing especially with female teen/adult participants who join our club in order to get in better shape and sharpen their self-defence skills.

Apart from our regular training sessions, a weaponry class has been added for teens/adults on Thursday evenings teaching students how to manipulate the Bo (6' staff) and the Sai's (3 forked prongs). In the New Year we will be adding an advanced children's class for yellow belts and up. Sensei George Manoli, our head instructor, has been recommended for his 5th Dan in Kenkokan Karate-do, he is also working towards his ranking in Judo. *We are organizing a free hands-on Street-proofing workshop for kids and a free Street-Smart workshop for women and teens on Saturday December 16, read on below to see how you can register for these events.*

New beginners session for children, teens and adults will start on Saturday, January 13, 2007. Those who would like to give Karate and grappling a try (we will get you in shape - guaranteed) can come in for a week of free lessons to see if they like this dynamic form of training. Sensei Manoli can be reached at (514) 328-4683 in the evenings.

Saturday morning beginner's Karate classes for 5 to 9 year olds: Our little tykes are busy learning the finer points of punching, kicking and bowing as well as the meaning of respect towards oneself and others. A typical class consists of a rigorous combative games oriented warm up, technical proficiency is attained by continuous repetition of our basic striking techniques followed by controlled fighting exercises with a partner. Children practice alongside their parents and a great time is had by all.

Children's event coming up:

☉ *December 2nd : Ottawa Junior Championships.* Eleven of our students between 6 to 10 years old will be heading to the Ottawa in order to compete against Quebec and Ontario's finest. They have been training diligently, coming in early every Saturday morning for added practice as well as following a rigorous home training program. Sensei Manoli will be accompanying and coaching our team at this prestigious tournament which generally greets over 300 contestants.

☉ *December 9th : Children's interschool team tournament, Red Barn, 9 am.* Our club will be hosting a team competition in which several other Karate clubs will be participating. In the children's category, kids are placed in groups of 3 to 5 competitors (according to age, size, and experience) and each participant fights every member of their group. Medals are awarded to all children competitors.

☉ *December 16th : FREE Street-proofing workshop, children 6-9 years old: Red Barn, 9-10 am.*

Our club is organizing a free, one hour hands-on street-proofing workshop for children 6 to 9 years old. Mr. Manoli has written several manuals on the subject and his children's street-proofing workshop is presently aired on the Illico TV cable network 'Avis de recherche.' Emphasis will be placed on awareness, avoidance, screaming and getting help. Hands-on abduction simulations will also be practiced against a fully padded assailant. Parents must accompany and stay with their child during the workshop. Call to register (514) 328-4683. Places are limited. First come, first served.

Teen and adult Karate and Grappling program: Our dynamic Karate training exercises and grappling program provides self-defence knowledge and helps students get in great shape and improve speed, precision, agility and self-confidence. The training is mentally and physically challenging for all students, since the whole body is used either in the wrestling/grappling section or in the kicking and punching sequences. Beginners are welcome at any time. Come in on a Saturday morning and try a free class.

Adult and teen events coming up:

☉ *December 9th : Interschool team tournament, Red Barn, 10:30 am.* In the teen and adult event, two teams are selected, a firing order is established and each competitor fights till they lose. Medals are awarded to the winning team. Over 25 competitors participated in the last team competition we organized.

☉ *December 16th : FREE Street Smart workshop for women & teens, Red Barn, 10h 15 -11:30 am.*

Participants will learn how to assert themselves and if confronted, to confidently stop the aggression or fight back using full force disabling responses against a fully padded assailant. Students practice clear verbal boundary setting and develop the necessary mind set to deal with the fear, confusion and panic that occurs during a violent confrontation. Registration is limited, please call (514) 328-4683 to book a seat. Wear loose, comfortable clothing, open for women and teens 13+. You can visit our web site to view empowering hands-on simulations and get more information: www.manoli.ca



Baie d'Urfé Karate and Grappling Club Representatives at the Ottawa Junior championships on Dec. 2nd.