

# News & Views

The official publication of the Baie d'Urfé Citizens' Association

# Entre Nous

La publication officielle de l'Association des Résidents de Baie d'Urfé

No. 662

March/mars 2008



Baie d'Urfé Tennis Club

Join Us / Great Sport!

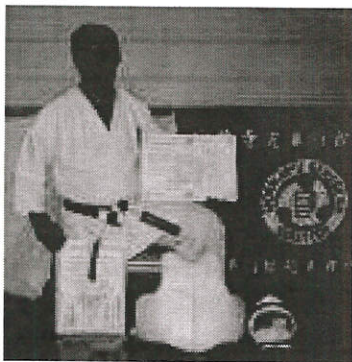
Details Inside

Club de Tennis Baie d'Urfé

Inscrivez-vous / Sport par Excellence!

Détails à l'intérieur

## 'The way of our Dojo' Baie d'Urfé's outstanding Karate & Grappling club



*The 16<sup>th</sup> World Koshiki (safety contact) Karatedo Championships* took place on the 18<sup>th</sup> and 19<sup>th</sup> of August, 2007 at Collège Ahuntsic in Montreal. Over 150 competitors from 15 different countries including Russia, Australia, Switzerland, Algeria, Japan, Canada, Azerbaijan, USA,

New Zealand, Portugal, Germany, India, Mali, Dominican Republic and Georgia participated in this safety contact event using protective body and head gear. Sensei Manoli participated as an international referee and witnessed many outstanding fights from world class competitors. To get the results of the championships you can go to <http://www.koshiki.ca/en/index.html>. Canada did very well. The 2 day event began with various seminars and ended with a huge goodbye bash. The next championships will take place in Azerbaijan in 2009.

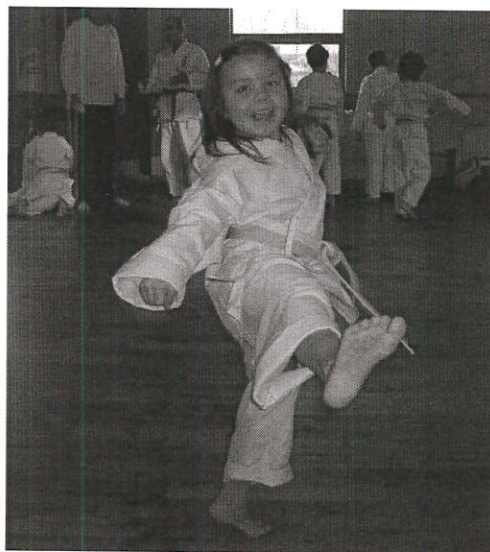
**Children's Karate classes:** A new 1.5 hour format has now been established for both the children's Thursday Karate classes in Beaconsfield and Saturdays Baie d'Urfé classes. This new format allows children 5 to 10 years old to work on both their fighting skills as well as the technical material required for their belt levels. As important as the physical motions taught are the mental attitudes Sensei Manoli stresses which emphasize respect for oneself, teacher and fellow students. In the New Year, our children Karate competitors will be diligently preparing for provincial tournaments in Ottawa, Mirabel and Toronto. A one day children's winter Karate camp and a family ball hockey game are scheduled for February/March. If your child is interested in trying out a class, feel free to call Sensei Manoli at (514) 328-4683 for a free trial. Parents can also participate alongside their child. No uniform is required, wear loose comfortable clothing and get ready for a great time.

**Children's grappling classes:** Over 12 kids have registered for this Jiu Jitsu experience which takes place on Saturday mornings from 10h 00 to 10h 30 am. In the last trimester, basic grappling skills were introduced: getting out of the guard, basic arm locks, turning the opponent over who has mounted you, etc. We will be getting into more dynamic exercises once the basic wrestling principles have been properly understood.

**Teen and adult Karate and Grappling classes:** If you want to build your self-confidence, improve your co-ordination, flexibility, strength and physical endurance then our dynamic teen and adult Karate and grappling classes are for you. Our classes are fun and challenging since we train both our ground game as well as our stand up fighting. You or your teen can register at any

time to our ongoing classes. We organize and participate in local/provincial Karate tournaments, summer and winter karate camps as well as offer Japanese weaponry classes covering such weapons as the traditional 'Bo' and the Sai's. Visit our web site to see students in action: [www.manoli.ca](http://www.manoli.ca)

**Baie d'Urfé team tournament:** On December 8<sup>th</sup>, the Baie d'Urfé Karate and grappling club hosted its annual end of year safety contact team tournament using protective body and head gear. Over 60 children, teen and adult competitors participated in our local event. Members of the Canadian team were amongst the competitors (black belts who participated in the world Koshiki championships this past August). Our students not only held their own in the ring, but many managed to outpoint several of the experienced black belt competitors. To spice things up a bit, Sensei Manoli even included a 2 vs. 1 section. The Canadian team members were pleasantly surprised with our clubs fighting skills, determination and competitive level. They have officially asked us to invite them to all our local events and arrangements are underway for an inter-club visit every two months.



### *Newspaper articles and television appearances for Sensei Manoli:*

As you may well know, our chief instructor, Sensei George Manoli is a police officer with the Montreal police force and gives several workshops on women's personal safety, street-proofing children, anti-bullying as well as assertiveness training for rape and assault survivors. Once again his children's street-proofing expertise has been recently featured on CTV, channel 12 news (Nov. 7 & 8) and written about in 'The Montreal Gazette - West island chronicle' (Sept.). Advice to parents on what to do if their child was being bullied was presented in the 'Westmount examiner' (Aug.) and shown on the Greek community television channel (Sept.). His no-holds barred personal safety course for women and teens was talked about in the 'La Presse' (Dec.) and is presently being filmed in its entirety (15 hours) by the television station 'Avis de recherche,' which will be aired throughout Quebec in March/April, 2008.