

# *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

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## ***Baie d'Urfé Aquatic Club***

Open House Dates: Saturday June 9, Sunday June 10,  
Saturday June 16 and Sunday June 17

Early Registration Deadline: Friday May 25, 2007

[www.bdac.ca](http://www.bdac.ca) for more details



## Exceptional Performance by the Baie d'Urfé Karate and Grappling Club

Since the December issue of the News and Views, we had informed you that on December 2<sup>nd</sup> 2006, we were sending eleven of our children students (6 to 10 years old) to the 4<sup>th</sup> Ottawa Junior Koshiki Karate championships. Ten actually attended the event that gathered over 175 competitors from Karate clubs in Ontario, Quebec, and the U.S.A. competing in both traditional forms (Kata) and fighting, using protective body and head gear (Koshiki Shiai). We did very well in this provincial competition, bringing back 12 trophies: 3 gold medals (1 in Kata and 2 in fighting), 6 silver medals (3 in Kata and 3 in fighting) and 3 bronze medals (1 in Kata and 2 in fighting).

Our club's greatest and most outstanding exploit so far was recently attained by eight of our students (6 children and two adults) who participated in the 11<sup>th</sup> Mirabel Cup Koshiki championships for children and adults, held on March 31, 2007 which gathered over 200 competitors from Quebec and Ontario. Our Baie d'Urfé athletes brought back eighteen (18) trophies competing in traditional forms (Kata), Kumite (partner demonstration) and Koshiki Shiai (fighting with protective body and head gear). Every single one of our students reached the winners' podium, a feat not attained by any other club who attended this event. We won 11 gold medals (3 in Kata, 4 in Kumite, 4 in fighting), 5 silver medals (1 in Kata, 2 in Kumite, 2 in fighting) and 2 bronze medals in Kata. Arvin Khalesi, a Baie d'Urfé resident won gold in all three categories he entered.

An exceptional effort was displayed by the group even though they were all demonstrating new technical material (Kata/Kumité), presented to them in January 2007 by Sensei Manoli for this competition. This is the first time we sent an adult team to such an open event and they represented our club

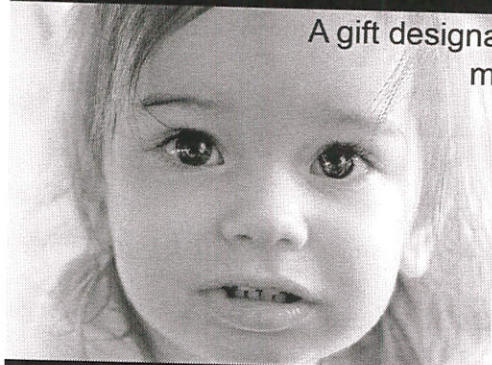
with distinction and pride winning one gold medal, three silver medals and one bronze medal. Sensei Manoli, the club coach and chief instructor is very proud of the hard work, dedication and perseverance shown by all.

Our sights will soon be set on the prestigious Toronto tournament which will be our biggest and greatest challenge followed by our local team competition then our annual summer Karate camp in June and finally ending with the world Koshiki Karate championship held in Montreal this August.

We hold Karate and grappling classes at the Red Barn for children, teens and adults on Saturday mornings. Anyone interested in getting into shape while having fun can come try a free session by calling Sensei Manoli at (514) 328-4683 or by visiting our web site to view pictures, tournament results and video clips: [www.amnoli.ca](http://www.amnoli.ca).



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