

# **News & Views**

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

# **Entre Nous**

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

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## ***Baie d'Urfe Aquatic Club***

- Open House BBQ: June 15th
- Early Registration Deadline: May 21, 2009

- BBQ Portes ouvertes: 15 juin
- Fin d'Inscription Anticipée: 21 mai, 2009

**[www.bdac.ca](http://www.bdac.ca)**



## Hard work pays off for the Red Barn Karate & Grappling club

**Toronto Koshiki Karate Championships – April 11, 2009:** Fifteen students from the Baie d'Urfé Karate and grappling club participated in this annual Karate Championship which was sanctioned by the World Koshiki Karate Federation. Clubs from Quebec and Ontario gather to compete in both sparring and forms. Protective body and head gear were used in the fighting events for a safe and realistic fighting approach.



Ten children and five adult students trained diligently for over 5 weeks under the tutelage of their head instructor Sensei George Manoli in order to properly prepare for this big event. The club brought back 19 trophies (7 gold, 6 silver and 6 bronze). Thirteen trophies were conquered in the fighting ring and six in the forms division. This is our club's second successful visit to this event. Our club trains in both stand up Karate and submission grappling on Thursday evenings and Saturday mornings. New students (adults, teens and children) are welcome to come try a free class. No uniform is required.

### **Team Karate tournament at the Red Barn - Saturday, June 6:**

Our club will be hosting its annual team tournament prior to the summer vacation on Saturday, June 6<sup>th</sup>. We are expecting over 70 participants (adults and children) in this safety contact fighting event open to all Karate systems. The action starts at 9 am sharp. Admission is free for spectators and lots of sparring action is on the menu. Those who practice other forms of Martial Arts and would like to compete in this safety contact event which uses protective body and head gear can call Sensei Manoli (514) 328-4683 for more information on the rules and regulations.

### **Free Street Smart workshops for women and children at the Red Barn:**

Two hands-on Street Smart workshops will be held at the Red Barn on Saturday, June 27<sup>th</sup> 2009. These simulation based sessions will be given by George Manoli who is a police officer and personal safety specialist. He has written several manuals on the subject of street-proofing children, anti-bullying and self-defence for women. His no-nonsense personal safety courses have been featured in various documentaries and several television and radio shows.

**Street-proofing Children (6 to 10 years old):** 9:00 to 10:25 am;  
**Self-defence for women & teens (13+):** 10:30 to noon

Space is limited for these workshops: (514) 328-4683;  
[gmanoli@videotron.ca](mailto:gmanoli@videotron.ca) or [www.manoli.ca](http://www.manoli.ca)