



*Sensei
Jonathan C. Hemond
3rd Dan
Karate Laval Dojo*



*Sensei
Steve Fogarasi
4th Dan
IFK Canada C.R*



1st ANNUAL TECHNICAL SEMINAR - Laval, Quebec
Saturday , February 20, 2016
KIHON - KATA - SYLLABUS - KUMITE
www.ifkcanada.ca

Morning Session

KIDS

9:30 – 11:30 Age 4-10

Lunch Break

Afternoon Session

KIDS & ADULTS

1PM – 4PM Age 11 and up

Fees

Kids 4-10 year \$20 , Kids & Adults 11 year and up \$30

Location

200, boulevard de la Concorde Est,

Laval, H7G 2C8

Contact

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