



# SHINTANI WADO KAI KARATE FEDERATION SPRING CELEBRATION

CELEBRATING 20 YEARS SINCE THE PASSING OF HANSHI SHINTANI

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## MAY 23, 2020

8-10:30 Pacific, 9-11:30 Mountain, 10-12:30 Central, 11-1:30 Eastern, 12-2:30 Atlantic

# MAY 23, 2020 NATIONAL SHINTANI MEMORIAL TOURNAMENT

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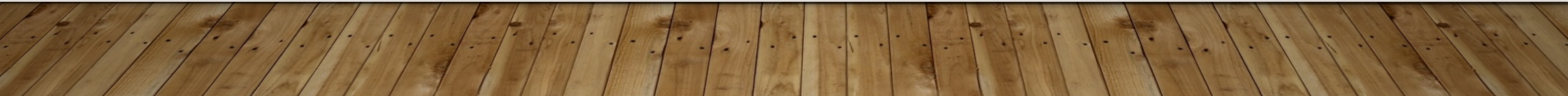
Cancelled  
due to  
COVID-19

Message from President, Sensei Denis Labbé,

Members, I know that everyone has their own struggles at this time and our membership is missing their training, peers, and the social, competitive and learning aspects of karate.

May 23, 2020 was to be our tournament. In lieu we are hosting an online training session highlighting programs and people in our organization.

Please join us for this online celebration and workout as an active participant or for the enjoyment of watching and taking notes!



# PROGRAM - ITINERARY

8-10:30 Pacific    9-11:30 Mountain    10-12:30 Central    11-1:30 Eastern    12-2:30 Atlantic

Login details will be added to [shintani.ca events page](http://shintani.ca/events) later this week

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- Sensei Denis Labbé - Opening bow in and welcome
- Sensei Bernadine Jugdutt - Small space and isolation training
- Sensei Calvin Pittet - Traditional Hanshi Shintani Techniques
- Sensei Lauren Pankratz - Train your kicks
- Sensei Brodie Hicks & Sensei Robin Fidyk – Shintani Team - the competitive experience
- Sensei Dan Hill - Shindo
- Sensei James Freeman - Bunkai
- REACH Award Presentations
- Sensei Ron Mattie - Closing

# CLINICIANS

Sensei Brodie Hicks & Sensei Robin Fidyk  
Shintani Team - the competitive experience

Master of Ceremonies  
Sensei Neil Prime



Sensei Bernadine Jugdutt  
Small space and isolation  
training



Sensei Lauren Pankratz  
Train your kicks



Sensei Calvin Pittet Traditional  
Hanshi Shintani Techniques



Sensei Dan Hill  
Shindo



Sensei James Freeman  
Bunkai

