

Training Location: Higashi School of Karate, 89 Curlew Dr, Toronto, 416-444-5310

Recommended Hotel: Westin Prince

<http://www.starwoodhotels.com/westin/property/overview/index.html?propertyID=1085>

Cost: \$150 for total event (\$30 per session)

Schedule (all levels attend all sessions):

- Friday Nov 28

14:00-15:30 Bo: mudansha to nidan = Tsukae Kata, Renzoku Kumite, Shuji sho/dai + comprehensive kumite, Sakugawa sho/dai + comprehensive kumite; sandan = Soeishi Sho/Dai & Sueyoshi + comprehensive kumite.

15:45-17:00 Sai: mudansha to nidan = Tsukae Kata, Tsuken Shita Haku, Ippon & Renzoku Kumite; sandan = comprehensive kumite

18:00-20:00 *Canadian AGM (in Board Room)*

- Saturday Nov 29

15:00-17:00 Bo (Tsukae Kata, Renzoku Kumite, Shuji sho/dai + comprehensive kumite, Sakugawa sho/dai + comprehensive kumite)

17:00-18:00 Light refreshment break

18:00-20:00 Mudansha to nidan = choice review bo & sai; sandan = Bo (Chatan Yara + Kumite), Sai (Tawata & Hantagawa), and Tekko (Maezato & Bunkai Kumite)

- Sunday Nov 30

09:00-10:30 Kama: mudansha to nidan = Tsukae kata, Tozan & ippon kumite; sandan + renzoku kumite

10:45-12:30 Tonfa: all = tsukae kata, Hama Higa, ippon & renzoku kumite