



LEARN ADVANCED KARATE

A TED JUNGLUT CLINIC IN TORONTO, ONTARIO

JULY 24, 2010, 10:00 A.M. TO 5:00 P.M.

Taught by: **TED JUNGLUT**, 7th Dan, with more than 40 years of experience, and **PETER GIFFEN**, head of Ryusei Karate-Do Canada.

For any karateka with a Ryusei Karate or Chito-Ryu background. Cost for day: \$30

CLINIC HIGHLIGHTS:

- Advanced execution and principles for basic techniques.
 - Specialized kumite drills.
 - Advanced kata execution.
 - A self-defence session taught by a military use of force instructor.
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Location: Denison Armouries, 1 Yukon Lane, Toronto

Directions: To get to this Canadian Armed Forces base, in the Downsview area, take Highway 401 to Allen Road. Go north on Allen Road to Sheppard Avenue West. Go west on Sheppard to Yukon Road and turn left. Park in one of the two lots past the Armouries and go to the Commissionaires Booth at the main entrance, where you will pay your fees and be guided to the gymnasium.

For more information, contact Jamie Creelman at 647-454-7057, or by e-mail, Creelman.JG@Forces.gc.ca