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info@karatequebec.com



空手道
道場

KARATÉ QUÉBEC
4545, PIERRE DE COUBERTIN
C.P. 1000, SUCC. M.
MONTREAL (QC) H1V 3R2

SEMINAR Antonio Oliva Seba

To all Dojo Head Instructor,

We are pleased to invite you, **Saturday November 22nd 2008**, to participate at two (2) workshops and training with, an international coach and trainer, **Sensei Antonio Oliva Seba**.

The objectives of those trainings are to familiarize you with: preparation, technical development, and tactical aspect for a battle. Karate Quebec begins its fourth season of close collaboration with Sensei Antonio Oliva Seba, which continues to allow our coaches and athletes to develop and acquire new knowledge. You will find below all the information needed, including the form to be completed:

Saturday, November 22nd 2008

Free admission for:

- Quebec team Coach
- Quebec team (not mandatory)

Offered to:

- Green belts and over
- 14 years old and over

Cost:

2 workshops: 50\$

1 workshop: 35\$

Location and schedules:

Complexe Sportif Claude Robillard: Karate

Address: 1000 avenue Émile-Journault, Montréal, (Qc)

- 13h00 to 14h30 - workshop 1
- 15h00 to 16h30 - workshop 2

Content:

Technical, tactical and strategic workshop

Revision of defensive and offensive systems

All forms must be received at our office, as well as the payment **before Friday November 14th 2008**. Only cheque made to Karate Quebec will be accepted. We would like to remind you that seats are limited.

For any additional information, do not hesitate to contact us either by email at info@karatequebec.com, or by phone at 1-877-karate5.

Best regards,

Mohamed Jelassi
General Coordinator

&

Anne-Catherine Vernet
Coordinator's assistant



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SEMINAR

Antonio Oliva Seba

Saturday November 22nd 2008

INSCRIPTION

Last name: _____

Name: _____

Select our group:

- Quebec team coach
- Quebec team
- Head instructor
- Karate Quebec member

Dojo: _____

Belt color: _____

Email: _____

Phone: _____

SATURDAY November 22nd 2008

Select your workshops:

- 13h00 to 14h30 - workshop 1
- 15h00 to 16h30 - workshop 2

Select the corresponding amount:

- 2 workshop : 50\$
- 1 workshop : 35\$

NB: Bring your karate gi.

Forms must be received at our office, as well as the payment before Friday November 14th 2008.

Only cheque in order to Karate Quebec will be accepted.