



SHUSWAP DOJO

2316 LAKEVIEW DRIVE, BLIND BAY, BC

2022 TOGUCHI KAICHO ANNUAL SEMINAR SATURDAY 28 MAY 2022 9:00 AM TO 1:00 PM

The seminar is open to all Shuswap Dojo students. This is a combined seminar for all classes. Family members are invited to spectate the seminar and attend the BBQ lunch. The seminar is **free** and the BBQ lunch is **by donation**. All proceeds will go to support a Ukrainian family moving to the Shuswap.

In order to participate, please submit the attendance form (on the website) **no later than Friday 20 May**.

SCHEDULE OF ACTIVITIES

TIME	ACTIVITY	DETAILS	LEVEL
9:00 am – 9:05 am	Opening ceremony and purpose of seminar	Vic Shihan	Lower
9:05 am – 9:15 am	Warm-up	Vic Shihan	Lower
9:15 am – 9:30 am	Kihon	Jean-Luc Sensei	Lower
9:30 am – 9:35 am	Water break		Lower
9:35 am – 10:00 am	Practice by belts/stripes	Assigned instructors	Lower & upper
10:00 am – 10:15 am	History of karate	Jack Shihan	Lower
10:15 am – 10:45 am	Student demonstrations by belts/stripes	Led by assigned instructors	Lower
10:45 am – 11:00 am	History of karate weapons	Vic Shihan	Lower
11:00 am – 11:15 am	Black Belt demonstrations	Black Belts	Lower
11:15 am – 11:30 am	How to fold your dogi and tie your belt	Maureen Sensei	Lower
11:30 am – 11:45 am	The legend of Bruce Lee	Bob Gardner	Lower
12:00 pm – 1:00 pm	BBQ lunch (hamburgers/hot dogs)	Lower or outside depending on weather	