



## BROWN/BLACK BELT CLINIC

---

Date: Saturday, March 4th, 10:30 am–2:30 pm

Location: Pat Hardy School, 35 Feero Dr., Whitecourt, Alberta

Clinic focus: Kumite drills & impact work, be prepared to have fun and sweat!  
Please remember to bring your kumite gear.

Instructor: Senior Yudansha Rotation

Grading preparation (approx. 1 ½ hr. for grading candidates)

Fee: \$10 cash or e-transfer

## SHINDO CLINIC

---

Date: Saturday, March 4th, 10:30 am–2:30 pm

Location: Pat Hardy School, 35 Feero Dr., Whitecourt, Alberta

Clinic focus: Basic technique, Kihon, Cio Bo Tie Kata

Instructor: Sensei Hill & rotation of Senior Yudansha

Clinic is open to all ranks 13 and up, juniors (6-12) must be green belt & up unless given permission from their instructor. Extra shindo's will be provided.

Fee: \$10 cash or e-transfer

### **Additional information for both clinics**

Remember to bring your passbook, water bottle & light snack ☺

Participants will be allowed to participant in one or both clinics throughout the day. (\$10 fee covers both)

Doors will be open at 10:10 and locked for the entirety of this event. If you need the door open, ring the buzzer with pressure located on the right side of the building and listen for the sound. If you don't hear the buzzer sound please repeat.

Contact: Shelley McGregor at [smcgm@telusplanet.net](mailto:smcgm@telusplanet.net) for additional inquiries.