

Karate & Zen

2019 SHUDOKAN GASSHUKU

with

SENSEI PAOLO SPONGIA
& TETSUJI NAKAMURA

DATE: March 29-31

LOCATION: SHUDOKAN FAMILY KARATE CENTRE

5125 Harvester Road Unit 7, Burlington, Ontario

Schedule

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|---------------------|--------------------|---|
| Friday (March 29) | 6:00 pm – 8:30 pm | Karate Training |
| | 8:30 pm – 9:00 pm | Lecture (Zen Meditation Basics) |
| | 9:00 pm | Socializing at QB's Sports |
| Saturday (March 30) | 9:00 am – 10:30 am | Meditation and Lecture (What is Zen?) |
| | 10:30 am – 2:00 pm | Karate Training |
| | 7:00 pm | Friendship Dinner – see below |
| Sunday (March 31) | 9:00 am – 10:30 am | Meditation and Lecture (Zen and martial arts) |
| | 10:30 am – 2:00 pm | Karate Training |

Required Items

Karate training – regular gi and obi
Meditation training – dark flexible pants and shirt
- Zafu (meditation cushion) or firm pillow
(People with bad knees or hips may sit in chairs to meditate)

Registration

This event is open to all ranks, ages 16 and up

\$150 for the 3-day event

Due to the nature of this gasshuku schedule, you must attend all three days

Maximum attendance is 70 members; **first come, first served**
(i.e. registered and paid).

Registration link: <https://goo.gl/forms/JWGYqqZFv4wholLE3>

Payment

Please pay the \$150 fee either via PayPal using payments@iogkf.com or via eTransfer emailed to payments@iogkf.com.

Registration Deadline:

March 22 - all participants must complete their registration online and have payment submitted by this date.

Friendship Dinner

Ikki Japanese Restaurant (1505 Guelph Line, Burlington)
Approx. \$30 for all you can eat Japanese food!! Pay at the restaurant.

Any questions? Email: adrienne@iogkf.ca

Don't forget your IOGKF membership booklet