

Spring Seminar April 8 - 10/11

*The Kelowna Tsuruoka
Karate Club
Invites you to a
Spring Seminar with
Sensei David Tsuruoka*



Sensei David Tsuruoka (8th Dan)

Sensei David is a highly accomplished and respected Instructor, Competitor, Examiner and Martial Artist.

Sensei David, a Canadian Kata Champion and World Kata Competitor, will provide instruction from the most basic techniques to advanced kata, with a Friday night class for brown and black belts only.

A banquet will be held Saturday evening at the Mekong restaurant on Harvey Ave.



Previous seminar participants

Spring Seminar Schedule

Where: Ukrainian Church on the
Corner of Gordon Drive
and Coronation Ave

When: April 8 to 10, 2011

Cost: \$15.00 per class or
\$80.00 for the weekend

Juniors Special: \$20.00 for both
classes

Date	Time	Belt Level	Class Content
Friday Night	6:30 - 8:30	Brown & Black	Higher Kata & Techniques
Saturday	8:00 - 9:15	All levels	Basics
	9:15 - 9:30		Break
	9:30 - 10:45	Juniors	
	9:30 - 10:45	All levels	Technical
	10:45 - 11:00		Break
	11:00 - 12:15	Juniors	
	11:00 - 12:15	All levels	Technical
	12:15 - 2:00		Lunch
	2:00 - 3:00	All levels	Take downs
	3:00 - 3:15		Break
	3:15 - 4:00	All levels	Review
Banquet at Mekong	5:30	Dinner served at 6:00	
Sunday	8:00 - 9:00	All levels	Kata
	9:00 - 9:30		Break & Photos
	9:30 - 10:30	All levels	Review

Juniors (12 and under) may register for the Saturday and Sunday "All level" classes if they choose.

Class Content and times subject to change without notice.

We have arranged accommodation at the Accent Inn for out of town guests. When booking, please use their toll free reservation # 1-800-663-0298 and quote group #3273 to receive the special room rate.

ACCENT INN - KELOWNA
1140 Harvey Avenue
Kelowna BC V1Y 6E7
Ph: 250-862-8888
Fax: 250-862-8884
Email: kelowna@accentinns.com
Website: www.accentinns.com



Special Rate: 2 queen beds @\$69.00 + tax

Rooms must be booked before March 24, 2011.

Kelowna is the center of BC's sunny Okanagan, a year-round recreation paradise. Sparkling Okanagan Lake is rimmed by sandy beaches, acres of orchards, famous golf courses and charming estate wineries. In winter, exhilarating downhill and cross country skiing are nearby.

AMENITIES:

- 102 spacious rooms and suites with queen and king beds with Beautyrest mattresses.
- Kitchen units, wheelchair accessible rooms and business rooms are available upon request.
- Free High Speed Internet in all rooms and in lobby
- Children 16 and under stay for free when sharing room with adult.
- Outdoor heated pool, whirlpool, exercise room, sauna
- Ample free parking
- All rooms have irons/Ironing boards and mini-fridges
- Individually controlled air conditioning units in each room
- Free local phone calls
- In-room fresh brewed coffee and tea
- Laundry and dry-cleaning available
- Pay-Per-View movies
- Meeting Room
- All rooms have Voice Mail and Hairdryers
- Kitchen units & suites available
- ABC Family Restaurant on site

GETTING TO ACCENT INNS KELOWNA:

From the south and Okanagan Connector:

Drive through the town of Westbank on Hwy 97, cross the floating bridge and continue 4 city blocks to the Accent Inn on the corner of Gordon and Harvey Ave. (Hwy 97), across from the Capri Shopping Centre.

From the north (Vernon, Salmon Arm, Sicamous):

Travel 15 minutes on Hwy 97 from the Kelowna Airport to the corner of Gordon and Harvey Ave. (Hwy 97), across from the Capri Shopping Centre.