

## SHIINA SENSEI CAMP

Concept- many years ago, we had an annual retreat for black belts. A small intimate group of our senior black belts from JKABC and around Canada would go away for a three day weekend retreat on Vancouver Island, Fraser Valley, and even Quebec spa Eastman, where we'd spend many hours polishing our art, and exploring other arts and activities as well.

I am thinking of resurrecting that concept in 2024... In the meantime, this August 2023, I'd like to move a little closer to the retreat concept, while simultaneously giving all participants an opportunity to catapult their knowledge, skill, dan rank, and qualifications forwards through the expertise of Shiina sensei.

Intensive training in Judging, instructors, skill, KUMITE skills in particular for examinations, but also free sparring skills to help us towards next year's World Cup, getting our qualifications levels up higher throughout JK ABC... And the list goes on and on, on what we can accomplish with this seminar.

Along with the intensive training curriculum, we have planned, we will also add in unique parts to the weekend... Including a barbeque party on the Saturday evening! A unique question and answer forum on the Sunday where we will explore the grading results and training content of the weekend.

## Schedule of events

THURSDAY 7-8:30 B&B general training-  
VALLEY SHIDOKAN DOJO

Friday 10-11:30am B&B kihon kata  
Friday 5:30-7:00 Kyu members- 8-3 Kyu  
Friday 7:15-8:45 B&B Grading kumite  
ALL FRIDAY VALLEY SHIDOKAN DOJO

Saturday 8:00-10:30 judging clinic-judging exam  
Training 8-9:30 exam 9:30-10:00am

Saturday 10:30-12:00 all levels

Saturday 1:15-2:45 8-3 Kyu Shiina Sensei  
1:15-2:45 B&B Sharp Sensei

Saturday 3:00-4:30 Kyu, Dan, instructors, examiner  
Examinations

ALL SATURDAY CLASSES, A.D. Rundle

Saturday 5:30-9:00 BBQ dinner party  
SENSEI SHARP HOME  
Sorry, BBQ party for B&B full retreat participants  
Only

Sunday 9:30-11:00 B&B, Full retreat participants only

11-11:30 Q&A discussion

## Cost

Ad. Kyu members \$50.00 pr class- \$120.00 for 3

Jr. Kyu members \$35.00 pr class- \$90.00 for 3

Retreat participants- \$330.00

\*10% off, if registration

Received on or before July 28th

\*Must be minimum 2nd Kyu

\* Includes

-7 classes

-Q&A session

-BBQ party

Instructors course cohort- \$200.00

\*No further discount-must receive by July 28th

\*includes

-7 classes plus

-Q&A session

-BBQ party

## Grading fees

Shodan \$250.00

Nidan \$275.00

Sandan \$300.00

Yondan \$375.00

Qualifications-D level \$150.00

C level \$175.00

(If qualified to grade for 2 qualifications, then  
\$225.00 for the two)

Commemorative T shirt- \$30.00

We will be creating a commemorative T shirt to mark the "soft return" of our retreat concept and our guest instructor, Shiina Sensei

Please list T size when ordering

Ts will be gildan brand

## Location

Thursday -Valley Shidokan dojo

Friday- Valley Shidokan dojo

Saturday- A.D. Rundle middle school

Sunday- Valley Shidokan dojo

## Accommodations

\*Free accommodations

-We are allowing retreat participants to sleep

At the dojo

-We have many volunteers at our dojo

That are willing to home stay our participants

\*please register by early bird if wanting

To use dojo, or for us to arrange home

Stays.