



Hello to all,

It is with great pleasure that Shito-Ryu Karate Canada and Shito-Ryu Karate Québec invite you to Gasshuku 2013.

Date : Saturday, May 18, 2013

Time : 10 :00 a.m. – 4 :00 p.m.

Place : Centre Arthur Guertin (16 Bériaul, Gatineau – Hull Sector)

Instructors :

Adult Classes

- Renshi Allen Tanzadeh, Founder of Shito-Ryu Karate Canada
- Shihan Claude Larouche, Co-Founder of Shito-Ryu Karate Canada

Junior Classes (Preparation for Competition 13 years old and under)

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|---------------------------|-----------|---------------|
| • Rock Guindon            | Shito Ryu | Junior Kumite |
| • Mathieu Coderre         | Shito Ryu | Junior Kumite |
| • Henri Brousseau JR.     | Shito Ryu | Junior Kumite |
| • Caroline Chrétien       | Shito-Ryu | Junior Kata   |
| • Isabelle Fortin-Delisle | Shito-Ryu | Junior Kata   |
| • Hana Furumoto-Deshaies  | Shito-Ryu | Junior Kata   |

The Gasshuku takes place once a year, and after a hard day of training, it is important to get together, relax and share our thoughts of the day.

This year we will have our annual banquet and demonstration from our students.

Also we will celebrate the 2nd anniversary of Shitoryu Karate Canada.

It is important to note that this event must take place in a spirit of friendship and camaraderie, with the vision – continuous learning to improve in our art.

If you have questions, please contact us at 819-568-4545 or [shito.karate@videotron.ca](mailto:shito.karate@videotron.ca).

It will be a pleasure to see you on May 18.

Shihan Claude Larouche  
Renshi Allen Tanzadeh



Shitoryu Karate Canada / Shitoryu Karaté Canada



糸東流空手カナダ - 糸東会

### **Schedule of the Day**

Seminar 10:00 a.m. to 12:00 p.m.

Lunch 12 :00 p.m. to 13 :00 p.m.  
(A cafeteria is available on site)

Seminar 13 :00 p.m. to 15:00 p.m.

Banquet 18:00 p.m.

### **Accommodation**

**Motel Adam** ([www.moteladam.com](http://www.moteladam.com))

\$99.00 + Taxes      Please mention Larouche karaté

100 Boulevard Gréber, Gatineau, Québec J8T 3R1  
Reservation: 1-800-757-2326

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**Comfort Inn** ([www.choicehotels.ca/cn325](http://www.choicehotels.ca/cn325))

\$119.00 + Taxes      Please mention Larouche karaté

630 Boulevard la Gappe, Gatineau Québec J8T 7S8  
Reservation: 1-800-267-3837

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**Hotel V** ([hotelv.ca](http://hotelv.ca))

\$150.00 + Taxes      Please mention Larouche karaté

585, Boulevard la Gappe, Gatineau, Québec J8T 8R6  
Reservation: 1-800-926-6489



Shitoryu Karate Canada / Shitoryu Karaté



# 糸東流空手カナダ - 糸東会

## Registration

FAMILY NAME ----- FIRST NAME -----

DOJO ----- STYLE -----

AGE ----- RANK -----

### Please choose your activities :

Seminar and Banquet: Teenagers (11 years old) and Adult      \$75.00      -----

Banquet only      \$30.00      -----

Seminar and Banquet: Juniors (6 years old to 10 years old)      \$55.00      -----

Banquet only      \$20.00      -----

q      Guest Adult      Banquet – Show      \$30.00 X -----      =      -----

q      Guest Juniors      Banquet – Show      \$20.00 X -----      =      -----

Total -----

Please confirm your attendance including your students by e-mail ([shito.karate@videotron.ca](mailto:shito.karate@videotron.ca)) or telephone (819-568-4545) **before May 10, 2013.**

For the members of Shito-Ryu Karate Quebec only:

If you pay by cheque, please send a post-dated cheque on **May 10, 2013**, payable to **Claude Larouche**, along with your registration form to the following address.

Mailing Address  
Larouche Karaté Dojo  
867 St-René Ouest  
Gatineau Québec  
J8T-7X6