



**KARATE
NOVA SCOTIA**



ATHLETE DEVELOPMENT CLINICS

Douglas Brose, 2x World Karate Champion

November 1 to 3, 2019

SEMINAR SCHEDULE:

Friday November 1st @ Halifax Ryuseikan Karate, 1237 Cole Harbour Rd, Dartmouth, NS

*****The Friday session is for provincial team member athletes only - any province*****

- 6:00pm-7:15pm Youth athletes (13 years and under)
- 7:30pm-9:00pm Cadet and above athletes (14 years and over)

Saturday November 2nd @ Caledonia Junior High, 38 Caledonia Rd, Dartmouth, NS

- 9:00am-10:15am Youth athletes (13 years and under)
- 10:30am-12:00pm Cadet and above athletes (14 years and over)
- 1:30pm-2:45pm Youth athletes (13 years and under)
- 3:00pm-4:30pm Cadet and above athletes (14 years and over)

Sunday November 3rd @ Caledonia Junior High, 38 Caledonia Rd, Dartmouth, NS

- 9:00am-10:15am Youth athletes (13 years and under)
- 10:30am-12:00pm Cadet and above athletes (14 years and over)
- 1:30pm-2:45pm Youth athletes (13 years and under)
- 3:00pm-4:30pm Cadet and above athletes (14 years and over)

Seminar Fees: \$60 per day or \$100 for the weekend

All registrants must be in good standing with Karate Nova Scotia or their associated Karate Canada province. Sparring gear is mandatory for all classes (gloves, mouth guards, foot and shin guards).

Please register in advance and pay at the door.

RSVP @ <http://karatens.org/events/kns-douglas-brose-clinic-2019/>

Please email jeff-murphy@live.com if you have any questions!