



NORTHUMBERLAND KARATE

northumberlandkarate.com

MULTI MARTIAL ARTS DAY

- Saturday, October 18, 2025
- 9:00 am - 4:30 pm
- 5 Instructors, 5 Sessions
- Open to Beginners & Experienced Martial Artists
- Open to anyone ages 13 and up
- \$100.00 per person for the day

[Register Now](#)





NORTHUMBERLAND KARATE

WELCOME TO MARTIAL ARTS

9:00 am to 10:00 am - Karate Jutsu

10:30 am to 11:30 am - Aikido / Kung Fu

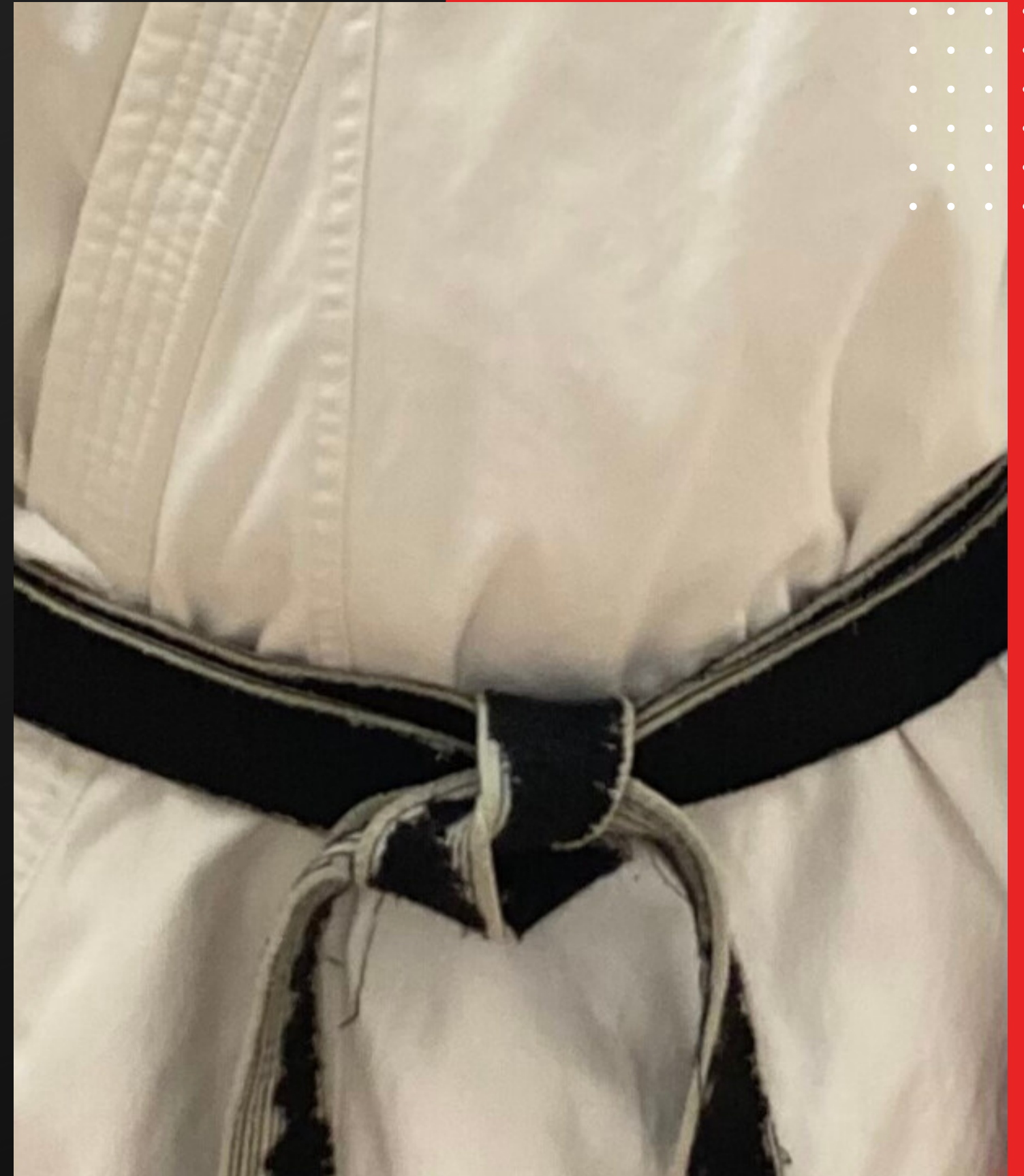
12:30 pm to 1:30 pm - Kobujutsu (Weapons)

2:00 pm to 3:00 pm - Karate

3:30 pm to 4:30 pm - Yoga

Open to Beginners
and Experienced Martial Artists

No experience needed. Great opportunity to try
different types of Martial Arts in one day!





NORTHUMBERLAND KARATE



9:00 am- 10:00 am

SENSEI ANDY ALLEN

NOVA KARATE JUTSU



Sensei Andy Allen, a 35-year Karate practitioner, has spent the last decade exploring a pragmatic and practical approach to karate. He is particularly focused on the meaningful analysis of kata (bunkai), aiming to uncover the original intent behind these traditional forms. Historically, karate was a system of close-range self-defence, grappling with strikes, locks, throws, and strangles, designed to protect against civilian violence. Many of these elements have been lost in modern Shotokan, but Andy works to bring them back to the forefront.

A 7th Dan in Shotokan karate and a blue belt in Brazilian Jiu-Jitsu, Andy integrates insights from cross-training to make his karate functional beyond the sport setting. His approach makes karate effective for real-world self-defence and practical fighting. Andy is the head instructor at Nova Karate Jutsu in Bedford, Nova Scotia. Follow his "Applied Shotokan" content on YouTube, Instagram, and Facebook.



NORTHUMBERLAND KARATE



10:30 am - 11:30 am

SIBOK GEE WONG

AIKIDO / KUNG FU



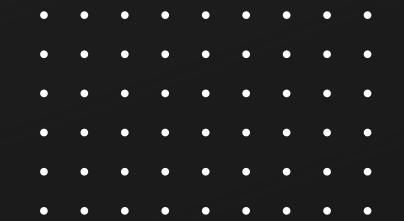
SIBOK Gee Wong has been training in the Martial Arts for 49 years.

- 7th degree black sash in traditional Shaolin Kung Fu Five Animal Style, started in 1976 to present day
- 6 years of Shin Shin Toitsu Aikido
- exposure to various other martial arts - kick boxing, filipino fan style stick fighting, small circle jujitsu, pressure point striking

The seminar will focus on a technique from Aikido called kote-gaeshi (outward wrist throw). This is one technique that will fit in with any striking art and is easily applied to numerous scenarios.



NORTHUMBERLAND KARATE



12:30 pm - 1:30 pm

SENSEI ROBIN FRASER

PICTOU COUNTY KOBUJUTSU



Sensei Robin Rorison-Fraser, has been training martial arts for almost 20 years. She started in Chito-Ryu karate earning her black belt in 2012, she volunteers in kids class and adult class when needed.

She also started training Ryukyu Kobujutsu (martial arts weapons). Earning her black belt in 2014 and her second degree in 2024. She trained under Cherry Whitaker, until the style split. Robin now teaches weapons on Wednesday nights and Sunday mornings at the Eureka Fire Hall.

Robin is also trained in ITF TaeKwonDo, earning her 2nd degree black belt in 2023.



NORTHUMBERLAND KARATE



2:00 pm - 3:00 pm

SENSEI RON FAGAN

METRO KARATE



Sensei Fagan began his training in 1973. He is currently a Hachidan (8th Degree) and Chief Instructor for the I.K.A.

A former member of the Canadian National team and the only eastern Canadian to be voted onto the Referee Council of Karate Canada.

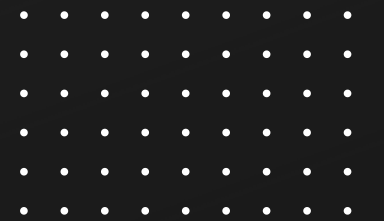
He still travels nationally and internationally sharing his perspective and knowledge of traditional karate, also hosting at his Dojo guests from around the globe from a multitude of martial arts styles.

His current passion is the development and implementation of the Kaizan Project.

Very pleased to be presenting at Sensei Cruikshank's Dojo.



NORTHUMBERLAND KARATE



3:30 pm - 4:30 pm

KELLI CRUIKSHAK

FITNESS & YOGA INSTRUCTOR



Kelli is a local yoga instructor, fitness enthusiast, wife, and a mother of three. Loving all things powerful and strong, she's drawn to guiding others to unleash their inner warrior. Locally known for her boot camps, fitness classes, self-defense courses, and Learn to Run programs; she is always creating new and exciting programs. Her experience and love of fitness spans over two decades.

Kelli provides classes that are designed for all ages, shapes, sizes, and fitness levels. She thrives on helping women gain confidence, with gentle guidance and positivity, the core principles behind all her work.

Fitness can be fun, especially when you surround yourself with like minded, kind, positive women, Yoga can be a blessing when you realize its not about the poses, it about what you feel and learn about yourself whilst in them.

In a great class, you may not remember what you did, you'll remember how it made you feel.

www.KelliCruikshank.com



NORTHUMBERLAND KARATE

LOCATION

Nova Scotia Community College (NSCC)
39 Acadia Ave,
Stellarton, Nova Scotia, B0K 1S0
Sessions in Gymnasium



**WELCOME TO
NORTHUMBERLAND
KARATE**



All skill levels welcome,
including beginners. If you have
always wanted to try a Martial
Art, here is your opportunity.



Pre-registration required by
emailing nkarate@eastlink.ca.
\$100.00 fee for the day required
when registering.



NORTHUMBERLAND KARATE

THE ULTIMATE AIM IN THE ART OF
KARATE LIES NOT IN VICTORY NOR
DEFEAT, BUT IN THE PERFECTION OF
THE CHARACTER OF ITS PARTICIPANTS.

SPEND THE DAY WITH US



Register Now

To secure your space for the day,
send email to nkarate@eastlink.ca.



Payment

Cost is \$100.00 for the day. E-transfer
to nkarate@eastlink.ca.