

# 2022 COMPETITION TEAM

## April 3<sup>rd</sup> to May 1<sup>st</sup>

Sundays 9:00 am to 10:30 am (Kwoon available at 8:45am)

THE COMPETITION TEAM IS OPEN TO ALL ADULTS

AND YOUTH/JUNIOR STUDENTS THAT SPAR (AGES 6 AND UP)

Fine-tune your training towards tournaments - select one open hand form and one weapon form and we help you refine these elements, along with sparring, for competition. You'll be rewarded with a positive, realistic attitude to competition and enjoy greater confidence from extra training. You can be a part of an organized tournament and develop terrific team spirit!

You can join the Competition Team and receive the benefit of an additional 5 x 90 minute classes and instruction for only \$100.00 plus HST!

This year, we are preparing for [Karate/Kung-Fu Maynia](#) at the Kitchener Auditorium on Saturday, May 7<sup>th</sup>.

The full amount is payable prior to or by the first practice on April 2<sup>nd</sup>. If interested in enrolling, please speak with Sigung and/or reply to this email.

Practice schedule:

Week Of	Time
April-03-22	9:00 am - 10:30 am
April-10-22	9:00 am - 10:30 am
April-16-22	<b>SATURDAY – 11am – 12:30pm</b>
April-24-22	9:00 am - 10:30 am
May-01-22	9:00 am - 10:30 am