



SAINT-JÉRÔME
24 au 26 juin 2022/June 24 to 26, 2022



Camp de karaté SHOTOKAN Karate Camp



Informations et horaire/
Information & schedule
www.shingitai.net
adumas1@videotron.ca



Shihan
David Pyke
8^e Dan (Maritime)



Shuseki Shihan
Frank Woon-A-Tai
10^e Dan (Ontario)



Shihan
Bryan Mattias
8^e Dan (Québec)

Hello! It is with pleasure that we invite you to our Karate Camp 2022

After a two-year absence, we have the opportunity to meet face to face for a karate weekend.

Organizing a camp in 2022 requires a lot of energy, since nothing is the same as before.

The constraints imposed by the pandemic, such as the shortage of staff and the rising cost of food dictate our choices in planning our Karate camp.

For the occasion, we will bring together AKJQ / IKD members from Quebec, Ontario and the Maritimes.

Guest instructors are

- Shuseki Shihan Frank Woon-A-Tai 10th Dan (Ontario);
- Shihan David Pyke 8th Dan (Maritime);
- Shihan Bryan Mattias 8th Dan (Québec);
- And the team of instructors from Québec (AKJQ).

Following your responses to the survey, the majority of the 72 respondents chose a camp that will take place over 3 days instead of 5 days. For some, it allows them to plan a vacation in our Laurentian region before or after the camp.

Classes, exams, and meals will be at the Frenette High School in Saint-Jérôme. We will have access to a cafeteria and 3 gyms as well as changing rooms.

For accommodations, I recommend the Comfort Inn which is about a six-minute walk from the school. (Accommodations not included in camp price).

For meals, the formula chosen and the most affordable one is lunches and a hot dinner served in individual recyclable dishes made by a very good caterer from the region, "Boutique Maison Courtemanche" (20 choices of meals are available.)



(Note: The brunch formula is not affordable compared to a lunch or a dinner. Those who will be staying at the hotel have breakfasts included with their accommodation!)

It is important to make your meal choices in advance to make it easier for us and to allow the preparation and delivery of meals according to the schedule.

A dynamic PDF registration form has been created to help you make your choices for the camp.

- Full course (+ choice of meals)
- Choice of à la carte courses (+ choice of meals)
- If will be possible to pay for classes at the door
(There will be no meals for sale on the site as everything must be prepared in advance.)

See you at camp with a smile.

P.S. If you can motivate your training partners to participate in the camp, it would be much appreciated.

Thank you.

Sensei Alain Dumas

adumas1@videotron.ca

Shingitai.net (for information and documents)

Karate Camp 2022 Saint-Jérôme Québec

Schedule :

	Hours
Friday, June 24	
• Course (1)	16:00 – 17:30
Saturday, June 25	
• Course (2)	07:30 – 09:00
➤ Kyu Examination	09:15 – 10:45
○ Lunch	11:00 – 12:00
• Course (3)	12:30 – 14:00
➤ 5 th , 6 th and 7 th Dan Examination	14:30 – 16:00
• Course (4)	16:30 – 18:00
○ Dinner	18:30 – 19:30
❖ Conference	20:00 – 21:30
Sunday, June 26	
• Course (5)	08:30 – 10:00
○ Lunch	11:00 – 12:00
• Access to the dojo	12:00
➤ Dan Examination	12:30 – 16:00
• Course (6)	16:30 – 18:00
▪ Dinner and exam results (not included in the camp price) (Budget price for the buffet \$ 29.95 plus taxes and service / Person, Alcoholic beverage extra)	± 19:00
The schedule may be subject to change.	

Information

- Accommodations
Comfort Inn Saint-Jérôme : 255-8, rue de Martigny Ouest, Saint-Jérôme, Québec J7Y 2G4
- Classes, meals, exams
École Frenette (School), 109, rue Marie-Victorin, Saint-Jérôme Québec J7Y 2G7
- Informations
adumas1@videotron.ca

shingitai.net (for information and documents)

For English-speaking people, if you need more information, you can email Shihan Bryan Mattias at bmattias44@gmail.com

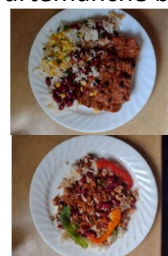
Karate Camp 2022 Saint-Jérôme Québec

Meal


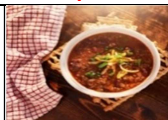













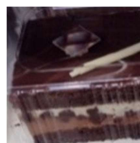


The two lunches and one dinner will be hot meals provided by the Maison Courtemanche boutique in individual portions.

There are two dish sizes, the large portion (really big portion!).

And the moderate portion (for a normal appetite or children).



You must enter your meal choices on the registration form for the camp.

Beef bourguignon served on egg noodles		Beef Chili		
Chicken fettucini Alfredo		Fillet of white fish with choice of sauce : mustard and honey <ul style="list-style-type: none">• teriyaki• butter and lemon		
Hamburger steak with BBQ sauce		Lasagne		
Mac and Cheese		Pâté chinois		
Salmon pave with butter and lemon		Chicken alla parmigiana on linguine and tomato		
General Tao chicken		Greek potato poutine: <ul style="list-style-type: none">• pulled pork• pulled beef		
Roast beef with gravy, mashed potatoes and vegetables		Spaghetti bolognaise		
Salmon with choice of sauce :mustard and honey <ul style="list-style-type: none">• teriyaki• butter and lemon		<ul style="list-style-type: none">• Orange juice• Apple juice• Vegetable juice V8• Bottled water		
Portion of Cake  Tunero	Portion of Cake  Tiramisu	(Tim Hortons) <ul style="list-style-type: none">• Coffee• Tea 	Salad 8 oz. <ul style="list-style-type: none">• Broccoli salad• Cabbage salad• Fusilli salad	Soup 16 oz. <ul style="list-style-type: none">• Pea soup• Spinach cream



Registration form Karate Camp IKD AKJQ from June 24 to 26, 2022

(one form per participant) Submit the registration form before May 28, 2022



Surname:	Given name:	Rank:	Date of birth. (YYYY-MM-DD)	Age:
Address:	Town:	Province:	Zip code:	Tel.:
E-mail address:	Dojo name:			

For the period of the camp, all minors must be taken care of by an adult

Person in charge:	Telephone:	E-mail address:
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Check according to your choices. Adult 16 years and(+), Young 15 years and(-) There will be no possibility to buy meals on site, Classes at the door=\$25 adult and \$20 Young.

*Full courses (6 courses)

Adult (100\$)	Young (85\$)
Choice:	Choice:
Total	Total

*À la carte Adult course (\$20 / course)

Friday (PM)	Saturday (AM)	Saturday noon	Saturday (PM)	Sunday (AM)	Sunday (PM)	Total
Choice:	Choice:	Choice:	Choice:	Choice:	Choice:	Choice:

*À la carte Youth course (\$18 / course)

Friday (PM)	Saturday (AM)	Saturday noon	Saturday (PM)	Sunday (AM)	Sunday (PM)	Total
Choice:	Choice:	Choice:	Choice:	Choice:	Choice:	Choice:

*Lunch Saturday

Choose the portion size and your main meal:

Large (\$14.50) Moderate (\$12.50)

Choose your soup, 16 oz (\$7.00):

Choose your salad, 8 oz (\$4.00):

Choose your dessert (\$2.50):

Choose your beverages: Bottle of water (\$1) Apple juice (\$2) Orange juice (\$2) Juice V8 (\$2) Coffee (2.50\$) Tea (2.50\$)

Large	moderate	Total	Enter your choices
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:

Total lunch on Saturday

*Dinner Saturday

Choose the portion size and your main meal:

Large (\$14.50) Moderate (\$12.50)

Choose your soup, 16 oz (\$7.00):

Choose your salad, 8 oz (\$4.00):

Choose your dessert (\$2.50):

Choose your beverages: Bottle of water (\$1) Apple juice (\$2) Orange juice (\$2) Juice V8 (\$2) Coffee (2.50\$) Tea (2.50\$)

Large	moderate	Total	Enter your choices
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:

Total dinner on Saturday

*Lunch Sunday

Choose the portion size and your main meal:

Large (\$14.50) Moderate (\$12.50)

Choose your soup 16 oz (\$7.00):

Choose your salad 8 oz (\$4.00):

Choose your dessert (\$2.50):

Choose your beverages: Bottle of water (\$1) Apple juice (\$2) Orange juice (\$2) Juice V8 (\$2) Coffee (2.50\$) Tea (2.50\$)

Large	moderate	Total	Enter your choices
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:
Choice:	Choice:	Choice:	Choice:

Total lunch on Sunday

Method of payment: -By **INTERAC** (INTERAC question : Your first name, answer: **Alain**) **adumas1@videotron.ca**
-Or by check in the name of "Alain Dumas" 211, rue Rolland Saint-Jérôme Québec J7Z 5S2

- ☐ I will attend the dinner and exam's results on sunday at 19:00 (Not included in the price of the camp)
- ☐ I will attend in the conference Saturday 20:00 ☐ I will take part in Dan's exam ☐ I will take part in Kyu's exam ☐ I book at the Comfort-Inn St-Jérôme hotel

Comment:

Total for the camp