



## Shito-Ryu Itosu-Kai Karate Retreat

Want to improve your karate skills and understanding? Want a boost to get back into the swing of things before the start of our fall terms? Come to Deep River for a weekend karate retreat with instruction provided by Tsumura Shihan, Tsumura Sensei and others. The retreat will provide many



karate sessions covering a variety of subjects interlaced with social activities and free time. The schedule is based on the results of the survey, the top four responses were Kata; Kumite & Kumite drills; Kata bunkai and self defense.

The setting is the Ogilvie Cabins, located near the eastern edge of Algonquin Park and a short trip to the Ottawa River. Rooms are available for the nights of Friday and Saturday. There is a common building with a large kitchen, several BBQs and dining hall so that you can cook your own meals. The property has a small lake suitable for leisurely kayaking and canoeing, and fishing; volleyball nets; and a lakeside fire pit providing a relaxing focal point.

Karate sessions will be held outdoors, though the dining hall will be available as a small dojo in case of inclement weather. The retreat is open to all students; separate sessions will be held for black belts. Family members that are not in karate may also stay at the cottages. Karate students not requiring accommodation at the cottages can pay a retreat-only fee.



### General Schedule

Friday, August 21, evening	Registration, welcome, seminar
Saturday, August 22, all day	Karate sessions and social activities including BBQ
Sunday, August 23, until 2 PM	Karate session, brunch, departure

### Fee Schedule

Option	Price
Per person for 2 nights' accommodations + retreat fee	* \$160
Per person for 2 nights' accommodations only (e.g. non karate family member)	* \$80
Per person for retreat-only fee	\$80

\* Room fee for children 12 and under is \$15 less and child must be accompanied by an adult.

### Contact Information, Venue and Advanced Registration

Contact Ron Rogge at [Ron.Rogge@DeepRiverKarate.ca](mailto:Ron.Rogge@DeepRiverKarate.ca) for questions about the venue. For questions about training sessions, contact Daniel Tsumura at [danieltsumura@gmail.com](mailto:danieltsumura@gmail.com).

For those flying, the closest major airport is in Ottawa (YOW), which is a 2.5 hour drive to the venue. Private-license pilots can fly to airports in Deep River and Pembroke.

Advanced registration is required for planning purposes. A registration form will be issued shortly.

