



# Women in Karate '09

Presented by Karaté Esprit and the Canadian JKF Wado Kai

May 29 - May 31





# About **the Camp**

Welcome!

Women in Karate '09 is an event designed to appeal to **men and women** alike. We are combining practical training sessions with top instructors and an evening presentation to create a new spirit of understanding and learning.

### **Norma Foster**

Norma is a 7 Dan (JKF Wado Kai), the first woman to hold such a grade in the JKF Wado Kai. She was also the first woman to be selected to the WKF Referee Commission, was the first woman to receive a referee license at the WKF level, and has participated in karate in every imaginable way over the years. A former Canadian champion in individual kumite, kata as well as team kumite and kata, she is currently the president of the Womens' Sport Committee. She will be leading the officiating and Wado seminars.

### **Tatjana Petrovic**

Tatjana, a.k.a. "Tanja" will be leading the sessions on sport kumite. Tanja studied Wado karate in her native Yugoslavia, and became one of their great athletes, winning titles and accolades all over the world. She also became their national champion in snowboarding and mountain biking. She is now a coach and promoter who is still keenly interested in helping athletes achieve new heights. She has coached everyone from children at her club in Belgrade to elite athletes such as Snezana Peric, who won a gold medal at the WKF World Championships in 2002.

### **Mariève Blais**

Mariève is a Shotokan stylist who became one of Canada's top athletes, paving the way for her successes at the national and panamerican level. She is one of the coaches for the Quebec senior team, and has coached international level athletes as well. Mariève is also the director for the development of girls hockey at Hockey Quebec, specifically the 15-17 year olds. In this capacity she has been responsible for everything from regional events, officiating, awards and the Canada Games. Mariève brings a unique perspective given her athletic and professional experience. She is a member of the organizing committee, and will be assisting in the sport kumite sessions as well as the Perspectives session.



Welcome!

### **Linda Crochiere**

Linda Crochiere started her training in the modern forms of Budo in 1982. After many successful years of training and running a Dojo in Colorado she began to travel and explore other forms of martial arts including Koryu Jujutsu. Realizing that Koryu Jujutsu offered a tradition and completeness that was absent in her previous training she began searching for a Koryu dojo to train in full time. In 2003 Sensei Tobin Threadgill relocated the Takamura ha Shindo Yoshin Ryu hombu dojo to Evergreen, Colorado. Linda was accepted as a student has been awarded the Shoden Mokuroku (first level teaching license) from Sensei Threadgill. Linda will be leading the ju jutsu sessions and we invite you to take advantage of this rare opportunity to train with her at a karate event.

### **Guylaine Demers**

Guylaine Demers, Ph.D has been a professor with the Physical Education department of the Université Laval since September of 2001, where her primary interests are: the issues surrounding women in sport; coach education; and homophobia in sport. An active contributor to the development and implementation of the new NCCP, Mrs. Demers is a member of the *Coaching Association of Canada* Coaching Research Committee as well as the *Sports-Quebec* Leaders in Sport Committee. She is also the president of the board (of directors) of Égale-Action, the association responsible for the advancement of women in sport and physical activity in Quebec. Recognized in 2007 as one of the twenty most influential women in Canadian sport, Mrs. Demers will deliver the following presentation:

### **Does Coaching Have a Gender?**

The presentation starts by making coaches aware of the differences in communication styles between men and women. We then see how this can possibly explain the low number of women in coaching today. Next, the issue of how these differences affect the way we train boys and girls is tackled. Among other things we will look at the different ways that men and women ( and boys and girls) view competition. Finally some concrete tools will be presented that will allow all coaches to better communicate with their athletes.





## Details

# Fees

The modes of payment, deadlines and late fees are outlined in this section.

The fee for the entire event will be **\$225.00**. This includes eight hours of training and a ticket for the evening banquet/presentation. Please note that all participants will receive a one year subscription to SIRC Sport Research Intelligence Sportive ([www.sirc.ca](http://www.sirc.ca)), one of the premier centers for sport research in the world.

If you wish to attend the evening presentations only, the price will be **\$75.00** per evening. This includes a dinner and the presentation. The deadline for all participants is **Friday, April 24, 2009**. Please note that if you are sending your payment by mail, this means that the envelope must be postmarked by that date. Please mail your payment to the address on the last page of this brochure.

If you wish to participate but cannot send your payment in by that date, please add a late fee of \$50.00.

The accepted modes of payment are: cash, money order, interac transfers, bank drafts, cashier cheque, certified cheque - and should be made payable to **Karaté Esprit**. Please note that we will not accept personal cheques as payment.

For groups who wish to attend, we have created the following discount rates:

1. The first four participants will pay **\$225.00** each, the full camp fee.
2. The next four participants will pay **\$170.00** each, a discount of 25%.
3. All of the remaining participants will pay **\$150.00** each, for a discount of 33%.

In the case of a group who wishes to register, please send one payment for the entire group along with all of the registration forms.

Please use the contact information at the end of this document for all inquiries.

Regards,

Anthony, Craig, Erdem, Lina, Mariève and Sam





# Training **Schedule**

Details

Friday, May 29

Time	Topic	Description	Instructor
6:00 - 7:00 PM	Wado Ryu Karate	A brief Introduction	Ms. Norma Foster
7:00 - 8:00 PM	Sport Kumite	Stance and Guard	Ms. Tanja Petrovic Ms. Mariève Blais

Saturday, May 30

Time	Topic	Description	Instructor
1:30 - 2:30 PM	Sport Kumite	Offensive movement	Ms. Tanja Petrovic Ms. Mariève Blais
2:30 - 3:30 PM	Perspectives	Teaching the boys	Ms. Norma Foster Ms. Mariève Blais
3:30 - 4:30 PM	Jiu Jitsu	An Introduction to Koryu	Mrs. Linda Crochiere
6:00 - 9:00 PM	Banquet/Presentation	Does Coaching Have a Gender?	Dr. Guylaine Demers

Sunday, May 31

Time	Topic	Description	Instructor
1:30 - 2:30 PM	Sport Kumite	How to score	Ms. Norma Foster Ms. Mariève Blais Ms. Tanja Petrovic
2:30 - 3:30 PM	Sport Kumite	Defensive movement	Ms. Tanja Petrovic Ms. Mariève Blais
3:30 - 4:30 PM	Jiu Jitsu	Fundamentals of Ju Jutsu	Mrs. Linda Crochiere





## Planning

# Getting There

UQAM is located in the heart of downtown Montreal, close to mass transit links and highways. The civic address of the **UQAM Sports Center** is: 1212, rue Sanguinet Montréal (Québec) H2X 3E7. Their phone number is (514) 987-7678.

The banquet and presentation will be hosted by the **Institut de tourisme et d'hôtellerie Québec (ITHQ)**. The address is 3535 St. Denis, Montreal (QC) H2X 3P1. Their phone number is: (514) 282-5161.

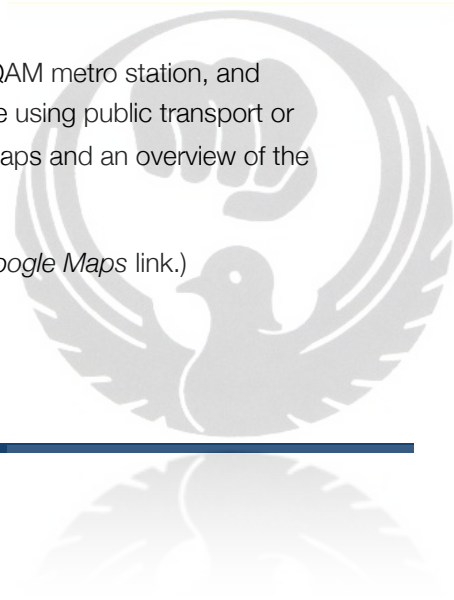
All training sessions will take place at the UQAM Sports Center. The evening dinner and presentation on Saturday, March 30 will happen at the ITHQ.

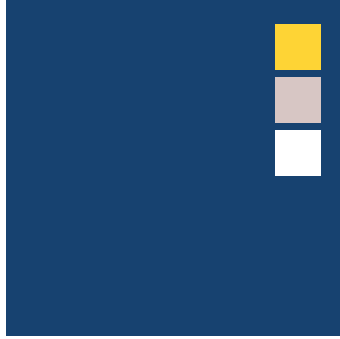
People coming by train should book a ticket with Via Rail to Central Station (Gare Centrale). From there it is a 10 minute taxi ride to get to the venue. Alternatively you can take the metro (subway) to Berri-UQAM station, and from there it is a quick walk to the venue. Those taking the bus (i.e Greyhound, Voyageur) will be dropped off at the central bus station, which is actually at Berri-UQAM metro station! From there you can walk to the sports center, which is minutes south and west of the metro station.

Pierre Elliott Trudeau airport is Montreal's international airport. Once there you can rent a vehicle from several car rental companies, or take a taxi from the airport to the UQAM sports center. This is a 20-25 minute car ride, more if there is traffic, and a taxi should cost you about \$30.00 - \$40.00 dollars.

As was mentioned earlier, the sports center is close to Berri-UQAM metro station, and there are several city buses that run close by. For those who are using public transport or driving to the camp, please consult the following web site for maps and an overview of the university campus:

<http://www.sports.uqam.ca/localisation/> (Please click on the *Google Maps* link.)





# Planning

## Accommodations

Listed below are the accommodations available to all participants.

The UQAM student residences are an apartment complex that is connected to the sports center. Each apartment has several rooms available with either double or single beds, and the cost is between \$50.00 - \$60.00 per room, per night.

The civic address of the UQAM Residences is:

303 boul. René-Levesque  
Montreal (QC) H2X 3Y3  
Tel: (514) 987-6669

There are also several hotels nearby that can serve your needs, such as:

Days Inn Montréal Centre-Ville : (514) 398-3388  
Hôtel Suites le Faubourg : (514) 448-7100  
Candlewood Suites Montréal : (514) 667-5002





**Women in Karate '09**

3484 des Sources, Suite 238  
Dollard-des-Ormeaux, (QC) H9B 1Z9

T (514) 567-7155

F (514) 684-6598

[summercamp2009@hotmail.com](mailto:summercamp2009@hotmail.com)

[www.canadajkwadokai.org](http://www.canadajkwadokai.org)

