



4TH DAN JKA  
INSTRUCTOR  
SENSEI  
KUMETA RIKI

This young up and coming JKA instructor will spend 5 weeks with Valley Shidokan, bringing us the dynamic Karate that JKA is famous for. Through intense training, he will help us develop and refine our fundamentals, basics, kata and kumite according to the exacting standards of the JKA world Headquarters. To conclude his time with us, Valley Shidokan will host a weekend seminar open to all other dojos in JKABC.



For schedule information contact:

VALLEY SHIDOKAN KARATE  
UNIT #106 - 8364 YOUNG STREET,  
CHILLIWACK  
604-858-2807 OR 604-799-2807 (CELL)



## Training Schedule With Sensei Kumeta



# Training schedule with Sensei Kumeta Riki & Sensei Don Sharp

OCT/NOV/DEC					
November 09					
S	M	T	W	T	F
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30				
December 09					
S	M	T	W	T	F
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30	31	
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		OCT 28	OCT 29 5:30pm to 7:45pm	OCT 30	OCT 31
2 6:00pm to 7:30 pm	3 6:00pm to 8:00pm	4	5 5:30pm to 7:45pm	6 SPECIAL B&B	7
9 6:00pm to 7:30 pm	10 6:00pm to 8:00pm	11	12 5:30pm to 7:45pm	13 SPECIAL B&B	14
16 6:00pm to 7:30 pm	17 6:00pm to 8:00pm	18	19 5:30pm to 7:45pm	20 SPECIAL B&B	21
23 6:00pm to 7:30 pm	24 6:00pm to 8:00pm	25	26 5:30pm to 7:45pm	27 WEEKEND SEMINAR	28 WEEKEND SEMINAR/ KYU GRADING
30 6:00pm to 7:30 pm	DEC 1 LAST CLASS WITH KUMETA SENSEI	6:00pm to 8:00pm			29 WEEKEND SEMINAR WRAP UP

## Pricing

For Regularly Scheduled  
Mon, Tues and Thurs Classes

Juniors: \$15.00

Adults: \$25.00

Special Friday Night B&B  
Training

(Nov 6th, 13th and 20th)

Juniors/Adults: \$20.00

Weekend Seminar With Sensei  
Kumeta Riki and Sensei Don Sharp  
(Nov 27th, 28th and 29th)

Juniors/Adults: \$95.00

## Location

VALLEY SHIDOKAN KARATE

UNIT #106-8364 YOUNG STREET,

CHILLIWACK