



KUMITE/ SELF DEFENSE TRAINING

with Guest Instructor
SENSEI SEAN CARTER

Thursday Oct 3, 2024
Desa School of Karate
3 Rowland Crescent, St. Albert, AB
780-458-6931
desakarate@shaw.ca



Sensei Sean Carter, 5th dan, has been a friend and supporter of our dojo since we opened.

His energetic teaching style and expert knowledge of karate, kumite and self defense makes him an excellent guest instructor and one of our favourites.

TRAINING SEMINARS

The training will be paid for through the Masters Fund for all students of Sensei Desa, Sensei Vranas and Sensei Rooke.

THURSDAY				
Time	Main Floor	Upstairs	Session	Instructor
5:00 - 6:00		Purple/Green belts 11 yrs & under	Kumite	Mackenzie Carter
5:00 - 6:00	Brown/Jr. Black Belts 12yrs & under		Kumite	Sean Carter
6:05 - 7:05		12 yrs to adult Green belt and below	Self defense	TBA
6:05 - 7:05	Brown/Jr. Black/Black 13+ yrs		Kumite	Sean Carter
7:15 - 8:30	Brown Belts 15+ yrs/Black Belts		Self defense	Sean Carter

- Deadline to register for seminars is Tuesday, October 1st.
- Purple/Green belt children note time change for your class on Thursday.
- Some students may be moved to a higher age level, but if not invited to do so by your Sensei, please attend at the times listed for your age.
- Spectators are welcome at the training classes, but it will be very busy so we encourage trying to limit the amount per family.