



YMCA

We build strong kids,
strong families, strong communities.



Martial Arts Participation Challenge

Main schedule	Gym A	Gym B	Gym C	Fitness Studio Upstairs	Squash A	Squash B	Outside Tennis courts weather dependant
9:00	Opening Ceremonies Warm up	Opening Ceremonies Warm up					
9:15 am to 10:00 am	Knife Defense Ron Watti 14 yrs. and up	Boxing Terry Lapensee YOUTH	Grappling Juniors	Kata Bruce Brouseau Blue belt up	Sensei Scott Kata takedowns Youth/adult	Sensei Shaun Self Defense	Bo staff open
10:15 am to 11:00 am	Bully Management Ted Theelen YOUTH	Kick Boxing Desirae Heine ALL	Kicking Matt Price Juniors		Sports injury Clinic Black Belts	Basic Grappling adult all	Kali sticks open
11:15 am to 12:00 pm	Self Defense Mag light Jim All	Boxing Terry Lapensee ADULT	Red Man Sparring Practice Juniors	Sparring Techniques Bill Williams ALL	Karatenetics Sensei Victoria YOUTH	Basic Grappling Youth ALL	
12:00 pm to 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 pm to 1:00 pm	Brockville Police K9 Demo May be outside				Judgeing clinic Jim		
Competition							
1:00 pm to 2:00 pm	competition	competition		Obstacle course	competition	competition	Miso waza (swimming open pool time)
2:00 pm to 3:00 pm	competition	competition	Womens Self Defense Elaine	Kata competition	competition	competition	Open pool hot tub
3:00 pm to 4:00 pm	competition	competition	Red Man	Sparring	competition	competition	2 lanes open

Brockville and Area YMCA

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Your YMCA - A Charity Open To All

