



CKKA Workshops & Learning Pods



13th ANNUAL CONVENTION & TOURNAMENT

Learning Pods and Workshops will be held on Saturday, March 30 from 1:00 pm to 4:30 pm. Only the CKKA can offer this high level of teaching - all in one afternoon!

Pods and Workshops will be offered for Kids 5-10, Youth and Teens 11-16 and Adults 17+ with both novice and advanced instruction in a variety of topics. A full schedule will be released but workshop sessions will include:



Accuracy and Striking at the Optimum Distance - Leo Loucks

Participants will learn about striking accuracy, optimum levels of motivation and efficiency of movement. Improving your timing and accuracy will increase your efficiency and effectiveness in any situation!

Leo Loucks has been a Police Officer for 32 years and is also a lifetime martial artist with 51 years of experience, winning numerous karate and kickboxing championships. Leo is currently a member of the Ontario Provincial Police as an instructor for the In-Service Training Unit and is currently a striking coach for both amateur athletes and professional fighters.

Leopard Form Fighting Techniques - Hanshi Ken Tallack

Striking, blocking, throwing techniques and more will be covered in this session. Previous knowledge of the form is an asset for anyone interested in learning the fighting applications of the Leopard. Be ready to kick and move!

Hanshi Ken Tallack was first introduced to martial arts in the early 1960's and has dedicated his life to its study, becoming his hobby, lifestyle and vocation. Hanshi Tallack has studied Goju-Ryu and Shotokan Karate, Northern Shao-Lin Five Animal Kung Fu, Kickboxing and Judo. He has represented the martial arts and Canada, competing both nationally and internationally. Hanshi Ken Tallack is a 9th Degree Black Sash and a 2017 inductee into the Canadian Black Belt Hall of Fame in Gatineau, Quebec.





Introduction to the Cane & Walking Stick as a Weapon/ Advanced Cane & Walking Stick Defense - Sifu Lloyd Fridenburg

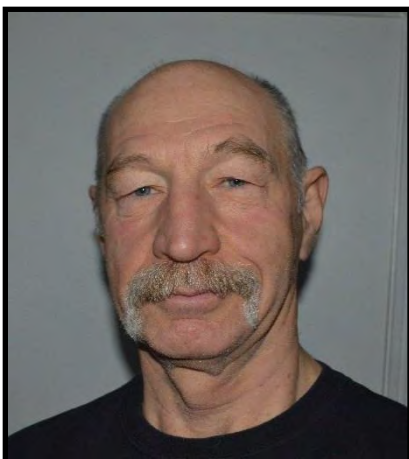
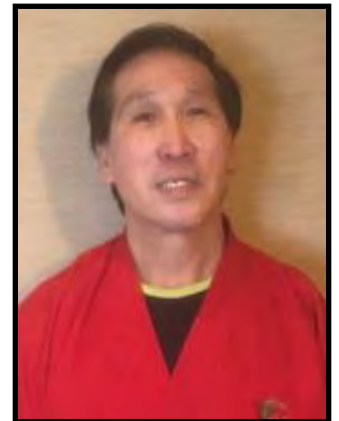
The cane, or walking stick, is one of the most practical weapons available as it can accompany you anywhere and is devastating defensively or offensively. The Introduction session will teach basic cane theory, striking surfaces, blocks, strikes and basic defensive techniques. The Advanced seminar builds on the skills taught in the intro session and teaches flow techniques, pokes, joint locks and hooking techniques, learning skills that will allow you to effectively defend yourself against grabs and holds, as well as a variety of defenses against common kicks and punches. Canes will be available to use for the seminar, or you can bring your own.

Sifu Lloyd Fridenburg has been studying and teaching Shaolin Five Animal Kung Fu for 30 years at the Waterloo Kung Fu Academy. He has attained the rank of 5th Degree Black, and teaches advanced adults (blue, brown, black) at WKFA. Lloyd earned his Black Sash from Sigung Bob Schneider who was a student of Master Ron Day and a Disciple of Grand Master Pan Qing Fu. He has also developed his own program called Fitness with a Purpose that addresses the needs of older adults. This program is taught five times a week at Waterloo Kung Fu and Kitchener Kicks. The FWP curriculum includes both offensive and defensive cane techniques.

Martial Arts for Self Defense - Shihan Henry Choo Chong

Self defense on the streets is much different than in a school – you need to take the important skills learned in martial arts and use them as a foundation on which to build and enhance that knowledge. Participants will learn to increase hand speed, in-close fighting techniques, positioning and street defense.

Shihan Henry Choo Chon has over 48 years in martial arts training with a 7th dan black, awarded by Sensei Alex Atkinson. With black belts in kempo-jitsu, karate and judo, Shihan Henry Choo Chon has also trained for several years in thai boxing, wrestling, boxing, jiu-jitsu and kung fu.



Knife Defence & Application with Knife & Empty Hand - Master Marc Valois

Anyone holding a knife can have a tremendous advantage over you. You'll learn challenging practical and strategic guidelines that can dramatically improve your opportunities for success.

Master Marc J. Valois is an 8th degree black belt and a master instructor. He started with martial arts in 1973 with Kempo Karate and later switched to Karate Kung-fu - the Shaolin Fist Way - with Master Bruce Currie and Master Tony Chong. Master Valois has been teaching the CKKA system since 1977 in Quesnel, British Columbia.



Blocking & Counter Striking Techniques - Shihan Jack Flagel

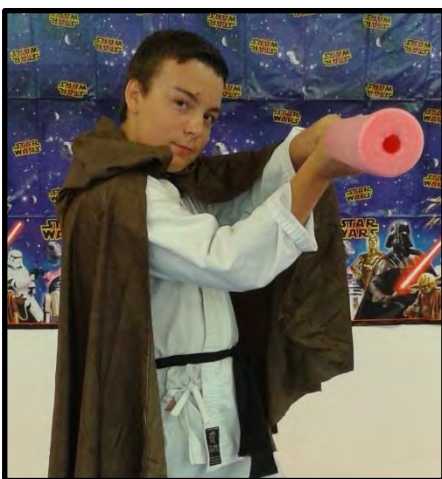
Many fighting systems, whether for self defense or sport, teach blocks and strikes as separate techniques – the opponent attacks, you block and then you strike back. While common, it's not an effective way to deal with an attack. Participants will learn techniques and concepts of Blocking & Counter Striking.

Shihan Jack Flagel started training in Martial Arts at the age of 17 and has over 35 years of experience teaching Karate, Self Defense and Street Awareness programs to students of all ages. His teaching style makes classes interesting, informative and challenging by drawing from years of training in many styles such as Shotokan Karate, Goju-ryu Karate, Chito-ryu Karate, Shorin-ryu Karate, Jujitsu, Aikido and Okinawan Kobudo.

Basic Self Defence for Adults/Advanced Self Defence for Adults - Sifu Dave Weiler

The introductory class will teach what to do when confronted by one or more attackers, the body language of an aggressor, what to do if you have no way out, what things you might have on you that could help and basic sticks, holds and escapes. The advanced class will build on the first with simple yet effective sticks and holds with an escape or finishing move, knowing what places will give you a chance at safety, effective strikes, holds and take downs for a quick escape or finishing your attacker.

Sifu Dave Weiler started his martial arts instruction in 1970, learning at Hatashita's Judo Club and Ron Day's Scarlet Dragon Martial Arts School and later training in self-defence with the Canadian Armed Forces. Sifu Dave has competed in over 100 local and international tournaments, at one time ranked number one in 1999 in the National Blackbelt League for self-defence.



Jedi Training: Using the Force for Knowledge and Defense - Sensei Karen Gray

Participants will enjoy a terrific and fun youth workshop learning about Jedi Training including the Skywalker Program to improve your Balance, Focus and Fitness, learning weapons basics using a padded light saber, learning how courage, perseverance, and teamwork can help achieve goals... and even understanding the wisdom from Master Yoda!



Aikido Style Self Defence - Sibok Gee Wong

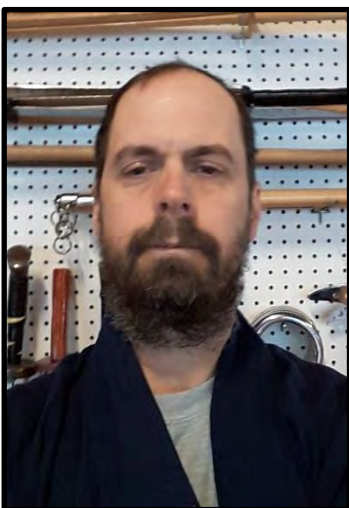
Sibok Gee will take participants through some fascinating Aikido style self defence moves and progressions. You will be amazed at how simple moves, when done correctly, can be very effective in neutralizing an opponent, without the need of hitting or seriously hurting them.

Sibok Gee Wong is the senior-most instructor at the Kitchener Kicks Martial Arts Centre. As one of the original students of Master Ron Day, Sibok Gee brings over 40 years of experience in Shaolin Kung Fu and Aikido style self defence to the CKKA Convention this year.

Pattern Breaking and Deception - Sifu Matt Lord

In this seminar, participants will gain an understanding of what patterns are, how you use them in your applications and how you can break them once you see them. Recognizing motion and perception, understanding mental positioning and learning your own strengths.

A Martial Artist since 1992, Sifu Matt Lord achieved his Black Belt in 2008. Sifu Matt is a former "Martial Artist of the Year" at Kitchener Kicks. In addition to Shaolin Kung Fu, Sifu Matt has also studied Hung Gar Kung Fu.



Shaolin Drills - Sifu Steve Rushmere

Sifu Steve will be teaching Shaolin Drills that he himself learned from Monk Shifu Yuag Jing. You will be learning drills that are done to this day by actual Shaolin Monks. This learning pod will be available to kids, youth and adults.

Sifu Steve Rushmere has been a Martial Artist since 1983, achieving his first Black Belt in Karate in 1991. Sifu Steve also achieved his Kung Fu Black Belt in 1999. Sifu Steve has studied Chito-Ryu, and Kai-Shin Karate, as well as Seven Star Preying Mantis, and Hung Kuen Kung Fu. A long-time member of Team Canada Martial Arts, Sifu Steve has won numerous national and international championships.



Competitive Sparring Technique - Sensei Brent Atkinson

Back for 2019, the workshop will focus on the different tatami divisions available for athletes interested in competing in the WAKO Canada circuit including open point, kick light, and light contact. Brent will teach you how to optimize your training and compete in some of the most exciting and fun open mat divisions that exist today. If you are looking for a competitive outlet for your martial arts training then attending this seminar will not only help chart your path, it will answer the questions as to how to get there and succeed along the way. Learn why the most successful techniques are used and how to integrate and develop them in your training.

Open to the most beginner student with zero tournament experience, to the most highly trained martial athlete your club, this seminar is about inclusion and development.

Brent Atkinson has over 30 years of training and 25 years experience teaching as a martial arts instructor. Over the years he has competed and trained numerous athletes in both Karate and Kickboxing to many national and international titles. In 2005, at the age of 26 he lead the Canadian Maccabiah Karate Team as its Head Coach to compete in Israel. Today that team still stands as the most successful karate delegation our country has ever sent to the games. He holds multiple black belts from various organizations and is currently a 6th Degree Black belt with the Black Belt Institute and CKKA.

Soft Strength: Yoga for Martial Artists - Sifu Rikin Patel

Participants will be introduced to specific breathing techniques from classical yoga known as "pranayama" and energetic locks known as bandhas. Through practice participants will understand how these techniques can accelerate all aspects of their martial arts training from core strength to increasing concentration. Specific postures or "asanas" will be introduced to focus on balance, rooting in stances and hip flexibility. A perfect balance between hard and soft chi.

Sifu Rikin Patel has been studying Shaolin Five Animal Kung Fu for 30 years at the Waterloo Kung Fu Academy. He earned his black sash in 1999 from Sigung Bob Schneider. Over the years he has studied under many prominent martial artists, including Grand Master Pan Qing Fu and Shifu Yuan Jing. Introduced to the lifestyle of yoga as a child, he has been practicing more seriously over the last 14 years and recently completed a formal yoga teacher training certification in India studying at Govardhan School of Yoga under the guidance of Radhanath Swami. As a general pediatrician his special interest is working with children and teens and blends his background in kung fu and yoga to focus on empowering the next generation through character development.

