

Friday July 3 rd		
5 pm – 8 pm	Judges' Seminar	SJMAC
(when done)	Non-hosted Dinner	
Saturday July 4 th		
9 am – 12:00	Advanced Youth / Adult Seminar (Focus: Kata)	RPYCC gymnasium
11:00 – 12:00	Youth Seminar (Kata & Kumite Focus)	RPYCC gymnasium
NOON – 1 ³⁰ pm	non-hosted LUNCH	
1 ³⁰ PM – 2 ³⁰ PM	Adapted Seminar (Kata Focus)	RPYCC gymnasium
2 ³⁰ pm – 6 pm	Advanced Youth & Adult Seminar (Focus: Kumite)	RPYCC gymnasium
(when done)	Non-hosted Dinner	
Sunday July 5 th		
9 am – NOON	Adult Tournament	RPYCC gymnasium
12 ³⁰ pm – 1 pm	Adapted Tournament	RPYCC gymnasium
12 ³⁰ pm – 6 pm	Youth Tournament (starting with 9 th kyu)	RPYCC gymnasium
(when done)	Non-hosted Dinner	