



The XXI Pan American Junior Karate Championships 2010
August 20 to 22 / Montreal, Canada



TORCHIA
COMMUNICATIONS



KARATE
CANADA



Canada

Éducation,
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Québec



Montréal



Fit4Defense Seminar

Monday, August 16th, 2010 from 10:00 AM – 5:00 PM

At the Centre Sheraton Montreal Hotel ([map](#))

Room: Salon 4

Recreational and youth workers, teachers, martial arts instructors and other persons working with young persons. The presentation will be in English only.

Price

- There is no charge for this event.

[Click Here to Register!](#)

Presenteurs

Suzanne Jean

Suzanne is responsible for the concept and design of the Fit4Defense Program. She has trained in the martial arts since 1975 and teaches karate, tai chi and self-defense. Suzanne has written several training manuals and is an active instructor of social issues topics related to service development and at-risk populations. Suzanne has over thirty years experience in the design, implementation and accreditation of community-based programs in the social service field.

Suzanne is Director of Kaizen, a company contracting with government and social service organizations on research, policy development and program development strategies.



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Norma Foster

Norma Foster has studied Karate for forty years and holds the exceptional rank of 7th degree black belt with the JKF Wado Kai. She is also the only female in the world and one of 2 persons outside Japan to hold an examiner's license from that organization.

A former member of the WKF Referee Council, she is currently the chair of the WKF Gender Equity Committee and the Karate Canada Officials Committee, in addition to being the technical director of the JKF Wado Kai Canada.

An exceptional teacher, Norma is also a Canadian champion in each of the disciplines of individual kumite, team kumite, individual kata and team kata, and competed internationally for Canada at the World Championship and Commonwealth Championships. She is one of the few competitors who have ever claimed gold in individual kumite and kata at the national championships in the same year, almost repeating the feat the following year.

Norma is a certified coach, a member of the BC and Burnaby Sport Hall of Fame and a member of the team who developed and piloted the Fit4Defense program.