

MAYORS OPEN MARTIAL ARTS EXPO

Free martial arts seminars! Try 1 or all 6!

KARATE-DO

10am, 7yrs+

KENDO

11am, 7yrs+

FENCING

12pm, 13yrs+

DEMOS

1-1:30pm

&

5-5:30pm

JUDO

2pm, 7yrs+

JIU-JITSU

3pm, 13yrs+

AIKIDO

4pm, 13yrs+



SATURDAY, MARCH 12, 2022
PROSPECT LAKE COMMUNITY HALL



Registration www.royaloakbia.com

Martial arts training provides amazing benefits to individual practitioners, and the chance for beginners and those with experience to try any martial art is always valuable and exciting!

The Mayors Open Martial Arts Expo 2022 is a collaboration between the Royal Oak Business Improvement Association and Saanich Mayor Fred Haynes, who has himself benefited from decades of aikido training, earning the rank of 8th degree.

All the seminars are free since the Expo's goal is to promote & celebrate the martial arts in collaboration with local Saanich clubs. Participants will also receive a certificate of participation.

In addition, after the Expo each seminar instructor is offering 2 free lessons at their club.

Participants may register for 1 free seminar or as many seminars as they like!

Karate-do: 10-11am, ages 7yrs+

Kendo: 11-12pm, ages 7yrs+

Fencing: 12-1pm, ages 13yrs+

Judo: 2-3pm, ages 7yrs+

Gracie Jiu-Jitsu: 3-4pm, ages 13yrs+

Aikido: 4-5pm, ages 13yrs+

1st Demos: 1-1:30pm, Kendo-Fencing-Karate (10mins each)

2nd Demos: 5-5:30pm, Judo-Jiu-Jitsu-Aikido (10mins each)

COVID SAFETY: BC health safety requirements in effect on March 12, 2022 to be followed.

KARATE-DO (KENZEN KARATE)

10-11AM, AGES 7YRS+

This seminar is open to both beginners, and experienced karate folks, who would like to explore what karate-do is all about! Come experience some incredible traditional Japanese kata (forms), super fun tag sparring drills (Olympic-style) and practical self-defense tactics for all ages!

Chief instructor Richard Mosdell from Kenzen Karate looks forward to sharing an amazing hour with everyone, as he brings both insights into real Japanese karate he acquired from over 10 years as a full-time instructor in Tokyo, Japan, and from overseeing the official BC Team program that leads to the national championships!

Participants simply require loose fitting clothing and no shoes.

Seminar instructor: Richard Mosdell
5th dan Shito-ryu style & Kenzen chief instructor
President, Vancouver Island Karate Society
Chair, high-performance committee, Karate BC

For more info:
www.kenzenkarate.com



KENDO (UVIC KENDO CLUB)

11-12PM, AGES 7YRS+



Kendo is a Japanese martial art based on the use of the samurai sword. In Kendo, we use protective armor (bogu) modeled on samurai armor, and bamboo sticks (shinai) which represent swords. Students learn a variety of movements of attack and defense. Stance, footwork and various cuts and parries are fundamental to kendo. This workshop will teach basic stance and footwork along with some principal strikes.

The instructor is D. Hayashi sensei, 7th dan, kyoshi, who will be assisted by some senior students. Hayashi sensei is a highly qualified kendo instructor and has coached at Osaka Prefecture University, Osaka, and Nagoya City University, Aichi, Japan, and has special training as a kendo coach. Hayashi sensei was the Team Canada Ladies Coach for the 2015 and the 2012 World Kendo Championships. He has also published academic papers on the sports physiology of kendo, and holds a M. P.E. from Osaka University in Health and Sports Science.

Participants should be wearing comfortable, loose gym clothing to be able to move about freely. No footwear is used; kendo is practiced barefoot. A *shinai* (bamboo sword) will be provided for use in the workshop.

Seminar instructor: D. Hayashi
7th dan & chief instructor

For more info:
www.victoriakendo.com



FENCING (UVIC FENCING CLUB)

12-1PM, AGES 13YRS+

Fencing is a weapon-only martial art that has evolved to be on the cutting edge of human reaction time. Our weapon experts have thirty combined years of training and can field questions regarding historical weapons, warfare tactics, folklore, multiple opponent matches and more

Modern fencing equipment will be on display and available to be handled under supervision. Footwork will be introduced with an emphasis on utilizing rhythm to control the evolving pace of a match.

Distance and timing are deciding factors in all combat sports; techniques will be introduced to disrupt your opponent's ability to wield those effectively. The session will conclude with a demonstration highlighting the depiction of weapons in the media and a match between our instructors.

Participants should wear athletic clothing and running shoes.

Seminar instructor: Owen Weitzel
President, UVic Fencing Club

For more info:
www.vikesrec.ca



JUDO (VICTORIA JUDO CLUB)

2-3PM, AGES 7YRS+



The Victoria Judo Club is a non-profit organization in continuous operation since 1957. The club's goal is to provide high quality instruction in a safe environment for children, youth and adults to learn a martial art that is practiced around the world. Our instructors are all volunteers and bring the commitment and passion that comes from a lifelong dedication to the sport.

Participants should wear athletic clothing.

For more info:

<https://victoriajudoclub.com/>

Seminar instructors:

Mickey Fitzgerald, 6th dan, Chief Instructor

Eric Cherneff, 5th dan, President

Ken Jolley, 5th dan



JIU-JITSU (GRACIE JIU-JITSU VICTORIA)

3-4PM, AGES 13YRS+

Gracie Jiu-jitsu focuses on a complete system, including stand up techniques, take-downs, ground grappling, personal protection and the overall character development of the participant (their mental capacity to use their skills for the greater good and the discipline to persevere). Moreover, everyone can do it regardless of their athletic ability.

Local instructor Gabe Kremler began his training under Royce Gracie over 20 years ago and in 2017, Gabe became the second Canadian Gracie Jiu-Jitsu black belt to receive all of his belt rankings (blue, purple, brown and black belt) from the legend Royce Gracie himself.

Gabe currently enjoys teaching Royce Gracie Jiu-Jitsu and sharing his passion for the martial arts with his students in Saanich.

Participants should wear athletic clothing.

Seminar instructor: Gabe Kremler
Royce Gracie black belt

For more info:
BJJ lunchtime adults class at
www.kenzenkarate
or
ask for referral to
Gracie Jiu-Jitsu Victoria



AIKIDO (ISLAND AIKIDO)

4-5PM, AGES 13YRS+

Island Aikido was founded in 2004 by Fred Haynes and Jim Kightley, and is registered as the Shinbukan Dojo under the Shioda International Aikido Federation. Haynes Sensei trained for 6 years at the Yoshinkan Aikido headquarters dojo in Tokyo and holds the rank of 8th Dan. He has taught across Canada and internationally, including in the USA, Australia, New Zealand, Brazil, England and elsewhere.

Since Haynes Sensei was elected to the mayor's office, Jim (5th Dan) and Judith Berman (4th Dan) have taken on most of the instructor duties. Also participating in the Expo is visiting instructor John Reel (2nd Dan).

Seminar instructor: Fred Haynes
8th dan
Mayor, Saanich Municipality

For more info:
www.islandaikido.com




HOST ORGANIZATION: ROYAL OAK BUSINESS IMPROVEMENT ASSOCIATION

The Royal Oak BIA's non-profit mission is to promote and support local businesses, strengthen economic partnerships and foster a vibrant and sustainable community.

- 1. Economic Development:** Foster innovation and entrepreneurial initiatives. Support policies and practices that enable growth and sustainability. Attract and deploy capital. Promote local products and services.
- 2. Education:** Offer opportunities for continuous learning and idea sharing.
- 3. Community Building:** Strengthen community partnerships. Support and organize community events and festivities.

royaloakbia.com



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PARTICIPANT WAIVER

The Royal Oak Business Improvement Association (or Royal Oak BIA), and all the participating martial arts clubs, directors, owners, instructors and volunteers, are not liable for any damages arising from personal injuries sustained by the participant in attending the Expo's seminars or by the participants using seminar equipment at their own risk.

The participant states they can proceed with the physical activity required in any seminar they participant in.

Further, the participant agrees to have their image potentially used in any Expo or BIA promotional efforts without receiving notice, recognition or compensation.

The participant 19 years or over on the day of the event, or the parent or guardian of the participant 18 years or under, agrees to this waiver when completing the free online registration form and all the required fields of information.