



The
Bushido Karate Association presents
Ju Jitsu with Jason MacDonald
February 18, 2007
Location: Faculté St. Jean, Edmonton AB

The BKA is pleased to offer a day of Ju Jitsu training with a rising Ultimate Fighting Championship (UFC) star that you will not want to miss!

Highlights

The Bushido Karate Association, in conjunction with Mark Pavelich, is pleased to arrange a ju jitsu clinic with UFC welterweight contender **Jason Macdonald**.

Jason has an 18-7 mixed martial arts (MMA) record, which includes two wins in two attempts at the UFC. His most recent victory was in front of a huge PPV audience on December 30, 2006 as part of UFC 66, where he choked out his opponent Chris Leben. Jason is now training for his upcoming fight on March 3 at UFC 68 against former UFC welterweight champion Rich Franklin. Jason is a down-to-earth guy who originally hails from Nova Scotia but now calls Red Deer home. Given his hectic schedule after his December 30 victory, we are indeed privileged to secure time with an athlete of his calibre. Jason's specialty is Brazilian Ju Jitsu, which he trains here in Edmonton under Josh Russell.

Also at the clinic will be **Mark Pavelich**, Jason's trainer and manager. Mark is the owner and president of the Maximum Fighting Championship and is considered a ground-breaker in bringing mixed martial arts to Western Canada. Mark has worked for the past 20 years in the entertainment business, but his true passion is the Maximum Fighting Championship. Under Mark's leadership, the MFC has grown into Canada's top promotion for mixed martial arts. Mark is also one of Canada's premier trainers and in 2005 he developed the Pro Camp Training System. In addition to working with top-notch MMA athletes like Jason MacDonald, Mark's extensive knowledge had made him a popular coach for a number of other athletes and individuals.

Jason and Mark will lead a focussed clinic on stand-up and ground work ju jitsu.

Why you should attend

Modern shurite-based styles of karate like Wado kai were heavily influenced by Sensei Anko Itosu and Sensei Gichin Funakoshi as a result of their efforts to introduce karate to the mainland of Japan from its roots in the Ryu Kyu Islands. In many cases, changes were required to the syllabus from what was originally taught in order to make it appropriate for use in school systems and for other cultural reasons. However, karate of the 19th century was much more about close-range combat and Te Gumi (grappling hands), including elements of Kansetsu (locking techniques), Ukemi (falling/tumbling), Tuidi (grabbing), Nage waza (Throws & Takedowns), Shime waza (Chokes and Strangles), and Ne waza (Ground Fighting). The Okinawan practice of Kakedamashi, of which all early karate masters were familiar, is based on Tegumi. The ten main Wado katas are all full of Tegumi when studied from this perspective.

Karate is a mixed martial art, and this is an opportunity to explore this with a rising star in the MMA world.

What to Wear

The Bushido Karate Association and other SWKKF clubs train in plain white Gis. This event will be taught assuming Gis or appropriate sport clothing covering arms, chest and legs is worn by participants.

Agenda and Location

Agenda

- 9:30 Arrive and Final Registration
- 10:00 – 4:00 pm Introduction & Clinic
- 4:00 – 4:30 Warm-down and Depart

Registration by Pre-registration (Preferred)

This clinic is by invitation from the Bushido Karate Association only, and is for students aged 14 or older. Students under 18 require signed consent from an Adult (See the attached Consent Form).

1. Head Instructors circulate the information to Club Members and confirm interest in the Event
2. Head Instructors to e-mail Sensei James Freeman with a list of names of students attending **no later than February 9 2007**
3. Head Instructors or participants can remit fees (cheque only) and signed consent forms by mailing them to the address below right.

There is a cap on attendance to ensure the quality of the clinic, so register early to avoid disappointment!

Price

- \$50 if registered through pre-registration (payable at the door)
- \$70 if you register at the door

We are also offering a **\$15 commemorative DVD**. We will film the event and edit material down into a commemorative DVD. Place your order when you pre-register for the event. Orders will be available by the South Calgary Wado-kai Tournament Week-end (March 2/3).



Faculté St. Jean Gym

Campus Saint-Jean
8406, rue Marie-Anne-Gaboury (91 Street)
Edmonton, AB

Centrally located with easy access from all directions

Billets

Members of the BKA can take billets from out of town. If you are interested in being billeted, or need help with other accommodations, please contact Sensei Freeman by e-mail (contactbushido@edmonton-karate.com) or by phone at (780) 433-3807.

Mail Fees and Forms by Feb 9 to:

Bushido Karate Association
c/o 9512 100A Street Edmonton, T5K-0V6

No refunds for non-attendance if the event is held

Northern Alberta Region Karate week-end

For Shintani Wado-kai Karate Federation Member clubs, why not make it a week-end in Central Alberta by attending the Whitecourt Wadokai 2007 annual tournament as well.

Saturday, February 17
Black Belt/Judges Meeting: 9:00 AM
Line-up & Bow in: 9:30 AM
Registration open from 9:00 – 10:00 AM
Location: Pat Hardy School, Whitecourt Alberta
Contacts: Sensei Shane Shepard (780) 778-4739
ssshep@telusplanet.net

A Tournament promotional newsletter and further information will be sent out in the coming weeks