

Shihan Raymond Deschamps

Presents

Spring Magic

Championships

Sunday May 1, 2011

Knights of Columbus / Chevaliers Colombes

Rockland, (Ottawa) Ontario.

Point Fighting

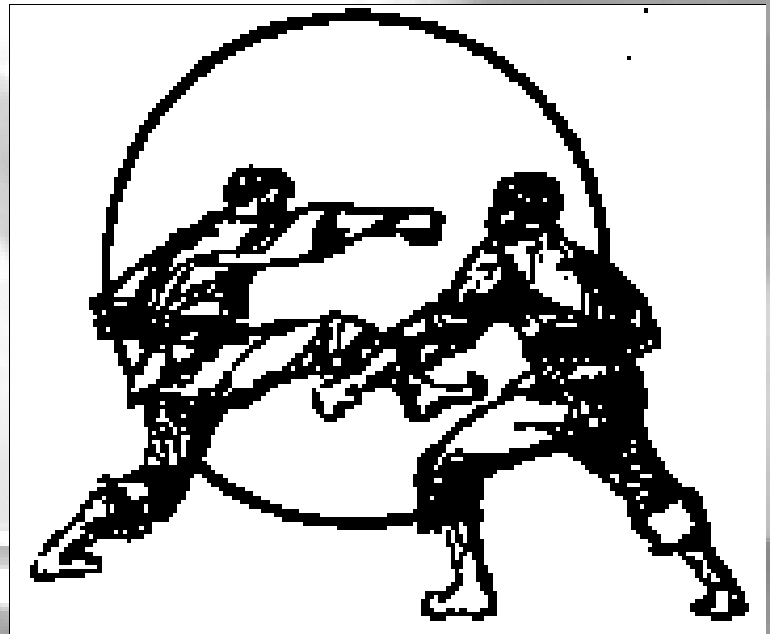
Continuous Sparring

Kata/Form

Weapons

Self Defense

Grappling



For more information contact:

**Deschamps Martial Arts
1585 Tenth line Rd
Ottawa, Ontario K1E 3E8
613-830-8254
www.deschampskarate.com
raydeschamps@yahoo.ca**

Tournament Site

**Knights of Columbus
954 Giroux, St Rockland
(Ottawa) Ontario
613-446-5631**