



DAY 1: Martial Arts & Health Expo Schedule

Saturday, May 17th, 2025

Avila Centre, Lakehead University



9:00 AM	Registration <i>Avila Centre, Lakehead University</i>
9:30 AM	Opening Ceremony and Group Photo <i>Avila Main Gym</i>

LOCATION	MAIN GYM	CHAPEL	AVILA CAFETERIA	BOARDROOM
ACTIVITY TYPE	KARATE	HEALTH & WELLNESS	YOUTH SEMINAR SERIES	Mixed Room
10:00 AM	Basics of Isshinryu Hanshi Mady Richard Ruberto	Breathwork & Posture Dr Steve Fonso	10:00 AM Boxing Tracey Barrett & Cullen 10:30 AM Self-Defence Tim Leonard/Deb Fuchek	
11:00 AM	Isshinryu Bunkai Scott Fawcett	Meal Planning for a Healthier Future You Dr. Kim Boileau	11:00 AM Partner Drills Dinah Jung 11:30 AM Power of Sound & Movement Natasha Allard	Boxing Tracey Barrett & Cullen
12:00 PM	Lunch Break <i>*Lunch can be pre-ordered through Eventbrite or by contacting Sensei Susan*</i>		Youth Pizza Lunch/Group photo	Lunch Break
ACTIVITY TYPE	KARATE	HEALTH & WELLNESS	MIXED	Chill Room
1:00 PM	Mastering Flow with the Knife Trevis Chandler	Okinawan Culture Scott Fawcett	Nage Waze/Tachi Waze (Self-defense) Thomas Hudacko	
2:00 PM	Isshinryu Body Mechanics Richard Ruberto	Mental Agility Dr Mandy McMahan	Daito Ryu Aiki Jujitsu Mark Ceasar	
3:00 PM	Hamahiga / Shishi Hanshi Mady	orative Yoga Angela Slomke	Short Impact Tools Sean Mulligan	
4:00 PM	BREAK			
6PM-11PM	Banquet - Agora, Lakehead University 6:00 PM: Doors Open			