

Lachine Dojo



養秀館



**Chief Instructor
Constantin Calistru**

Lachine Dojo - Yoshukan Karate

Lachine Dojo serves the Lachine, Point St. Pierre and West Island communities and was started in 2009. The dojo is a member in good standing of the Yoshukan Karate Association. All are welcome to drop by, meet the instructors and try 2 free classes!

Instructors and Staff



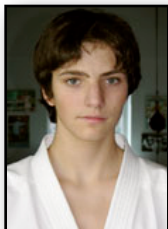
Sorin Alexandru

Constantin Calistru - Chief instructor :

2nd Dan Yoshukan. Start practicing Karate in 2001 at YMCA NDG with sensei Louise Provencher and Peter Bakomihalis. Participant at provincial kumite competitions. Gold and silver medalist at Open de Montreal and Selections Quebec. Teaching at YMCA St-Laurent from 2005 to 2010 when opened his own dojo at Lachine. NCCP level 2 certified instructor. Graded by Kancho Earl Robertson in 2006 Sho Dan and in 2009 Ni Dan.

Sorin Alexandru - Kumite Instructor

3rd Dan. Practicing Karate for 17 years and kickboxing for 8 years. Multiple WUKF European gold medalist. Gold medalist at Vancouver 2010 wado-ryu world kumite Championship. Member of Quebec and Canadian kumite team. Canadian champion 2011. Winner of his category at US Open 2011 and silver medalist with the Canadian team. Certified kumite instructor and Romanian Honored Master of Sports.



Sebastian Calistru

Sebastian Calistru - Instructor

1st Dan Yoshukan. Start practicing Karate in 2000 at YMCA NDG with sensei Louise Provencher and Peter Bakomihalis. Multiple medalist in municipal and provincial kumite competitions. Certified NNCP level 2. Graded by Kancho Earl Robertson in 2006 Sho Dan.

CLASS TIMES	<u>Junior</u>	<u>Adult</u>	<u>Instructors Training</u>
Tuesday/Thursday:	6 - 7 pm (Beginner)	7 - 8 pm	
Friday (Competition):	6 - 7 pm (Advanced)	7 - 8 pm	
Saturday:	Noon - 1 pm	1 - 2 pm	
Sunday:			10 am - 1 pm

LOCATION:

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170, 15^{eme} Avenue, Lachine
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