

# Yoshukan St-Laurent Dojo



**Chief Instructor - Québec**  
**Shihan Louise Provencher**



**Sempai Henry Tchibozo**



**Sempai Charles Mayer**



**Sempai Maryève Gouron**

## St-Laurent - Yoshukan Karate

St-Laurent Dojo serves the St-Laurent and West Island communities and was started in 2006. 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!

Forme un meilleur caractère Développe la discipline Augmente la confiance en soi Améliore la force, l'endurance et la coordination Enseigne l'auto-défense, courtoisie et politesse Développe un meilleur état de conscience

**Enrichi votre corps et esprit**

1 cours 10\$ / 1 mois 50\$ / 4 mois 175\$

Develops Strong Character Increases Discipline Promotes Self-Assurance Enhance Strength, Endurance and Coordination Teaches Self-Defense and Awareness Teaches Courtesy and Politeness

**Improve your Mind, Body and Spirit**

1 class \$10 / 1 Month \$50 / 4 months \$125

Class times		
Saturday:	9:00 AM	10:30 AM
Sunday:	11:00 AM	12:30 PM

LOCATION:  
YMCA du Quebec - Centre Y St-Laurent  
1745, rue Décarie  
Saint-Laurent (Québec)  
H4L 3N5

TEL: (514) 935-8592

[INFO@ACADEMIESPORTIVEMONTREAL.CA](mailto:INFO@ACADEMIESPORTIVEMONTREAL.CA)

[WWW.ACADEMIESPORTIVEMONTREAL.CA](http://WWW.ACADEMIESPORTIVEMONTREAL.CA)

