

# KANGEIKO

# 2018



Monday through Saturday 15<sup>th</sup>-20<sup>th</sup> January  
6:00am – 7:00am

At the NE dojo with Sensei David Jones, Kangeiko is open to all belt levels and is designed as a 'kick start' to the New Year with spirited basic training at 6am for 6 mornings. It's a challenge to make it to the dojo at this time of the morning and to complete the 6 days of training but the satisfaction on completing Kangeiko is a great feeling!

Cost is \$50 per person for the week

**Location:**

ISKF Calgary

#2, 3515 32nd Street NE

Calgary, Alberta T1Y 5Y9