



Judo Canada

4141, avenue Pierre-De Coubertin
Montréal, QC, H1V 3N7
Tél: 514-255-JUDO (5836) / Fax: 877-893-5836



Judo Canada is proud to announce new dates for the **Women's Self-Defense Instructor Course - Level 1** offered by Judo Canada.

This training is open to both men and women.

Judo Canada's goal is to train instructors so that this new program can be offered across Canada: in judo clubs, schools, women's centers, etc.

Here is the information regarding the training. The program will be divided into two parts:

- **Friday evening** – Theoretical (those who have already taken the online course do not need to attend this part)
- **Saturday & Sunday** – Practical

Registration will remain open until all spots are filled.

Training fee: \$100

Link to register: <https://registration.judocanada.org/event/self-defence-certification-level-1-regina/1003598/>

Address:

Mitakuyé Owâs'â Centre
1770 Halifax Street
Regina
S4P1V6

Training schedule:

- **Friday, January 16, 2026**
6:00 PM – 8:00 PM: Theoretical training
- **Saturday, January 17, 2026**
9:15 AM – 12:30 PM: Practical training 1, 2 & 3
12:30 PM – 1:30 PM: Lunch
1:30 PM – 4:30 PM: Practical training 4, 5 & 6





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- **Sunday, January 18, 2026**

9:30 AM – 12:30 PM: Training 7, 8 & 10

12:30 PM – 1:30 PM: Lunch

1:30 PM – 3:30 PM: Review, practice, and evaluation / Presentation: diploma & gift

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Each participant who completes the training will receive:

- A t-shirt
- A subscription to access the technique videos
- A diploma
- A theoretical workbook

Instructor: Daniela Krukower [Daniela's website](#)

Hotel suggestions:

Quality Inn & Suites Regina Downtown

1907 11th Avenue, S4P 0J2 Regina, Canada

Wingate by Wyndham Regina

1700 Broad Street, S4P 1X4 Regina, Canada

Minimum requirements:

- Be a member of Judo Canada
- Be a brown belt or higher
- Be 16 years old or older

For any questions, contact Marie-Hélène Chisholm: mh.chisholm@judocanada.org