

# Celebrating 20 Years!

NOVEMBER 5, 2011

20TH ANNIVERSARY 1991-2011

# CAPITAL CONQUEST



THERE IS ALWAYS  
SOMETHING NEW TO  
LEARN OR TO PERFECT.  
NEVER STOP TRAINING!

*Sean Yves "The ICEMAN" Theriault*

## SCHEDULE

### MORNING

Team Competition  
(Traditional Kata, Weapons Team  
Kata, Sport Jiu-jitsu, BJJ Grappling,  
Team Demo)

### AFTERNOON

Training Seminars

[TherienOttawaSouth.ca](http://TherienOttawaSouth.ca)



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# Capital Conquest 20th Anniversary



Therien  
Jiu-jitsu & Kickboxing



**CAPITAL CONQUEST 11** • NOVEMBER 5, 2011

## CONTACT

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## VENUE

Gisele-Lalonde H.S., 500 boul. Millenium Orleans/Ottawa