Spring Camp
04.06.-07.06.2015
MITSUYA KAI International
Karate-Do & Kobudo

Spring Camp

04.06.-07.06.2015

Souke & President

Seinosuke **MITSUYA** (8. Dan Hanshi)

Mimmo **VERMIGLIO** (7. Dan Renshi)

Spring Camp Schedule 2015

Time	Thursday		Friday		Saturday		Sunday	
	Hall 1	Hall 2	Hall 1	Hall 2	Hall 1	Hall 2	Hall 1	Hall 2
09.15-10.00	Stretching for Karate Detlev		Mitt Training Klaus		Traditionel Excersises for stabile stance Sascha		Strength training for Karate Detlev	
10.00-11.00	Automatition of Kata-Bunkai Sascha	Souke Mini-Gruppe	Kuatsu Falk	Souke Mini-Gruppe	Souke 10.00-11.30 Karate Kumite 10.-1. Kyu		Souke 10.00-11.30 Saifa Kyu Souke 10.-1. Kyu	
11.15-12.15	Mimmo Sepai	Souke Mini-Gruppe	Mimmo Shodan-No-Bo	Souke Mini-Gruppe				
12.30-13.30	Mimmo Heian Kata 2	Randori Sascha	Ukemi Waza Mimmo	Keri Falk	Souke 11.30-13.00 Karate Kumite from 1. Dan		Souke 11.30-13.00 Seienchin from 1. Dan	
15.30-16.30	Principals of Defense + Shiatsu Andi	Souke Mini-Gruppe	Mimmo Kumite	Souke Mini-Gruppe	Souke 16.00-17.30 Shodan-No-Bo 10.-1. Kyu		Examination Karate & Kobudo from 1 p.m.	
16.45-17.45	Mimmo Bassai-Dai	Souke Mini-Gruppe	Mimmo Seienchin	Souke Mini-Gruppe				
18.00-19.00	Mimmo Kobudo Kihon	Souke Mini-Gruppe	Selbstverteidigung Klaus	Souke Mini-Gruppe	Souke 17.30-19.00 Sandan-No-Bo from 1. Dan			
	All	All	All	All	All	All		

Fees:

Adultes:

Complete Camp	160,- €
Trainings Unit Thu+Fri (1h)	12,- €
Trainings Unit Sat+Sun (1h)	20,- €

Children, Youngster, until 18 and Students:

Complete Camp	130,- €
Trainings Unit Thu+Fri (1h)	10,- €
Trainings Unit Sat+Sun (1h)	15,- €

Mini-Gruppe will be organised separatly.

Family ticket(complete Camp) 260,- €

Stadionhalle, Am Leiselstein 4, 71672 Marbach a.N. (Stuttgart, Germany)

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www.mitsuya-kai.de