

Autumn-Seminar

October 31st and November 1st 2015

MITSUYA-KAI International
Karate-Do und Kobu-Do

Seinosuke MITSUYA (8.Dan Hanshi)
Souke & President



Schedule:

Time	Saturday Marbach Karl-Nusser-Halle	Sunday Marbach Karl-Nusser-Halle
9:30-10:00		Guided warming up
10:00-11:00	Minigroup	Principles of defense - Andi
11:00-12:00	Minigroup	Kicks/Keri - Falk
12:00-13:00	Ground fighting - Detlev	
15:00-16:00		Minigroup
16:00-17:00	Training with mitts - Klaus	
17:00-18:00	Minigroup	Joint locks - Sascha
18:00-19:00	Minigroup	

Minigroup from 1st Dan

For registration of the minigroups please contact Sascha Keller: sascha@karate-in-marbach.de

Attention: Deadline for registration of the minigroups is October 23rd 2015

Fee:

	whole seminar (Saturday + Sunday)	single lesson
Adults	30,00 €	10,00 €
Children/pupils/students	15,00 €	5,00 €
Family	50,00 €	

Organization: KHSD e.V. – MITSUYA-KAI Deutschland
Original Hayashi-Ha Karate-Do & Kobu-Do
Kirchstr. 2 - 74369 Löchgau

further information: www.khsd.de
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Disclaimer: The organization refuses any liability