



INT. MITSUYA-KAI
SPRING CAMP
MAY 25TH-28TH 2017
Germany

MITSUYA-KAI International
Karate-Do & Kobu-Do





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Spring Camp Schedule 2017								
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	Force and Flexibility Klaus		Complex body training Sascha		Force and Flexibility Klaus			
10.00-11.00	Kata up to 1. Kyu Mimmo	Souke Mini-Gruppe	Bassai-Dai + Bunakai from 1. Kyu Mimmo	Souke Mini-Gruppe	Souke 10.00-11.00 Karate kihon + Ido- Kihon		Souke 10.00-11.30 Kodudo Bo	
11.15-12.15	Kihon Ippon, Sanbon- Jiyu-Kumite up to 1. Kyu	Souke Mini-Gruppe	Bo + Tonfa for all Mimmo	Souke Mini-Gruppe				
12.30-13.30	Defence against knife Andi	Distance training Falk	Lever techniques Falk	Views of beating and kicking Sascha	Souke 11.00-12.00 Karate Kumite		Souke 11.30-13.00 Bassai Dai	
15.30-16.30	Ground fighting and grappling Detlev	Souke Mini-Gruppe	Kumite Mimmo	Souke Mini-Gruppe	Souke 17.00-18.00 Kumi-Bo		Examination Karate & Kobudo from 1 p.m.	
16.45-17.45	Bo, Kihon 1-12 + Bunkai for all	Souke Mini-Gruppe	Nijushiho Bunkai from 3. Kyu Mimmo	Souke Mini-Gruppe				
18.00-19.00	Seienchin Bunkai from 3. Kyu Mimmo	Souke Mini-Gruppe	Prevention of beating by body movement Sascha	Souke Mini-Gruppe	Souke 18.00-19.00 Defense from different attacks			
	All	All	All	All	All	All		

Fees:

Adults:

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

Minigroups will be organized separately.

Children, Youngster until 18 and Students:

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

Family ticket (complete Camp) 260,-€

Gemeindehalle Marbach Rielingshausen

Backnanger Straße, 71672 Marbach (Stuttgart, Germany)

MITSUYA KAI International
 Karate-Do & Kobudo

Organizer: KHSD e.V. – MITSUYA-KAI Deutschland

Original Hayashi-Ha Karate-Do & Kobu-Do | Kirchstr. 2 | 74369 Löchgau