

Mini Groups November 2017

Topic	Orgnisator	Comment	Date	Participants	Graduations				
1 Kumite 1 vs 1	Sascha	Free sparing. Basics. Timing.	Sat 10.00-11.00		From 1. Dan				
2 Bassai-Dai & Seienchin	KHSD	Preparation for Exams	Sat 11.00-12.00		From 2. Kyu				
3 Kumite 2 versus 1 - slow motion	Sascha	Understanding the tactical approach better. How to position, move and fight. Slow motion to think about options of action.	Sat 17.00-18.00		From 3rd Dan				
4 Speed - Tension + Relaxation	Silvia	Speed is a combination of Tension and Relaxation. Is the internal abdominal pressure the right concept and how to improve speed.	Sat 18.00-19.00		From 2. Dan				
5 Zuki - Perfect Body Movement	Sascha	Study of the right movement patterns and kinetic chain sequence.	Sun 16.00-17.00		From 1. Dan				
6 Sandan-No-Bo	Michael	This makes it a martial arts.	Sun 17.00-18.00		From 2. Dan Kobudo				