



Ryukyu Kobudo Shimbukan Zoom Seminar

Sai, Nunchaku, Tekko & Tonfa

Thomas Podzelny 5th Dan, Shihan



Date: 05th and 06th December 2020

Online Zoom Seminar

Open for all styles and grades

Seminar fee::

Kyu grades: 45€ (9 hours training)

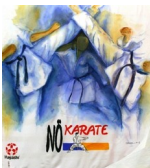
Dan grades: 60€ (12 hours training)

- Saturday 5.12.
 - 09:00-09:15 opening, welcome
 - 09:15-10:45 Sai Kihon (1.5h)
 - 11:00-12:30 Tekko Kihon (1.5h)
 - 14:00-15:00 Nunchaku Kihon (1h)
 - 15:15-15:45 Sai Kihon Kata I (0.5h)
 - 16:00-17:30 Tonfa Kihon (1.5h) **DAN**
- Sunday 6.12.
 - 09:00-09:15 opening, welcome
 - 09:15-10:45 Sai Kihon, Kihon Kata I+II (1.5h)
 - 10:45-12:30 Nunchaku Kihon + Kata Maezato-no-nunchaku, Akamine-no-nunchaku (1.5h)
 - 14:00-15:00 Tekko Kihon + Kata Maezato-no-tekko (1h)
 - 15:15-15:45 Chikinshitahaku-no-sai (0.5h)
 - 16:00-16:30 Chatanyara-no-sai (0.5h) **DAN**
 - 16:45-17:45 Tonfa Kihon + Kata Hamahiga-no-tonfa (1h) **DAN**
 - 18:00-19:00 Sayonara online party. (with self organized drinks and food)

Contact: R. Zampa +43 660 358 2042 / jundokan@rudi-zampa.at

Organization: Okinawa Goju Ryu Karate-Do Schwechat in cooperation with
Österreichischer Karate Bund and Karate & LV Niederösterreich

The organizers shall not be liable for any material and or personal damage!



Remarks:

- Registration with payment of seminar fee
- Fee to payed to:
Okinawa Goju Ryu Karate-Do Schwechat IBAN: AT75 12000 10011764874
Please leave remark: Kobudo Schwechat 2020
- please send email when fee has been payed as you will get access code and password accordingly from organization