

Ryukyu Kobudo Shimbukan Seminar

Bo, Sai, Nunchaku & Tekko

Thomas Podzelný 5th Dan, Shihan



Date: July 31th 2021 - August 02nd 2021

Kobudo Training at VS Rannersdorf Stankagasse 25 2320 Schwechat

Open for all styles and grades

Seminar fee: 30€

Saturday 31.7.

- 09:00-09:15 opening, welcome
- 09:15-11:15 Bo Kihon 1~4 (2.0h)
- 11:30-12:30 Bo Kihon Kata I (1.0h)
- 14:30-15:30 Tekko Kihon (1h)
- 15:45-17:45 Sai Kihon + Kihon Kata I (2h)

Sunday 1.8.

- 09:00-09:15 opening, welcome
- 09:15-10:45 Sai Kihon, Kihon Kata I+II (1.5h)
- 11:00-12:30 Nunchaku Kihon + Kata Maezato-no-Nunchaku (1.5h)
- 14:30-15:30 Tekko Kihon + Kata Maezato-no-Tekko (1h)
- 15:45-17:45 Bo Kihon 1~8 + Bo Kihon Kata II (2h)

Monday 2.8.

- 09:00-09:15 opening, welcome
- 09:15-11:15 Bo Kihon 1~13 + Bo Kihon Kata I+II (2h)
- 11:30-12:30 Sai Kihon & Kihon Kata I+II (1h)
- 14:30-15:00 Kata Maezato-no-Nunchaku (0.5h)
- 15:00-15:30 Kata Maezato-no-Tekko (0.5h)
- 15:45-16:30 Shushi-no-Kon sho (0.75h)
- 16:30-17:15 Chikinshitahaku-no-Sai (0.75h)
- 17:30-18:30 Kyu Grading (1h)
- 18:30-XX:00 Sayonara party in Park in front of the school



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

All participants have to be tested or vaccinated or recovered according Austrian COVID-19 requirements! Related documents have to be shown to the organiser prior the seminar

- Own FFP2 mask mandatory for ALL in the indoor area. (Exception: during the training)
- 1m distance to others
- Wash hands regularly
- Disinfectants are available
- Please do not shake hands

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



Remarks:

- Registration with payment of seminar fee
- Fee to pay to:
Okinawa Goju Ryu Karate-Do Schwechat IBAN: AT75 12000 10011764874
Please leave remark: Kobudo Schwechat 2021