KARATEPRAXIS – SUMMER-SEMINAR

August 24th-25th 2019 in Leck - Germany

karatepraxis®
MODERNE TRADITION

Summer & Sun & Northsee

Your Karatepraxis-Event 2019 !

Heian-Kata-System-Bunkai & Beach

„If you've mastered these five forms you know enough to defend yourself in most situations!"
Gichin Funakoshi

This quote by Gichin Funakoshi inspired me to develop the Heian-Kata-System-Bunkai. A five seminar learningsystem. This series is about techiques, structures, principals, tactics and alternatives within Karate for selfeprotection – formulated in Heian-Kata! This seminar-weekend deals with the first two Katas and gives an overview how worthy the whole five-part Heian-Kata-Series is for the karate-community.

Developer of the Heian-Kata-System-Bunkai:
Christian Wedewardt
6. Dan World Combat Association (WCA)
5. Dan Karate (DKV),
Karatepraxis-Founder

„I look forward to meeting you on my first ever Summer-Seminar in Leck!"

karatepraxis.com

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When: Saturday:
8:30 - Check-in (Coffee)
9:00 - 10:30 Kids-Class (up to 11 Years)
11:00 - 13:00 System Bunkai Part 1
13:00 - Break (with faourable catering)
13:45 - 15:15 System Bunkai Part 2
15:30 - 16:30 System Bunkai Part 3
19:00 - Supper in the „S-Bar", Hauptstraße 49, 25917 Leck

Sunday
9:30 - Check-in (Coffee)
10:00 - 13:00 Bunkai-Drills with Pads and Partners

Where: School (An der Linde, Eesackerstraße 7, 25917 Leck)
Guest-night: Sleeping in the Dojo is for free possible with sleeping bag (Fr.+Sa.)

Requierments: Non! Everyone interested can take part on the seminar. From whitebelt to blackbelt.

Fee:
Kids --------- **10,00 EUR**
Saturday ----- **35,00 EUR**
Sunday ------ **20,00 EUR**
Both days -- **45,00 EUR**

Information: Stefan Ohnesorge - Tel. 04662-88 17 36 - stefan@karate-leck.de

Registration: Since there is a limited number of places, please register via Email in advance, telling your Namen, Dojo, Grade and participation day(s).

Payment: Send your payment with reason: Name, Email, day(s) and Christian Wedewardt- Seminar 2019 until August 5th 2019 to the following bank account: Männerturnverein Leck,
VR Bank Leck - IBAN: DE46 2176 3542 0011 0358 78