HIT HARDER

STAND STRONGER

THINK CLEARER

2012 Kris Wilder Karate Seminar Series

Sponsored by
Grove Martial Arts
Old Mill Hall, School Lane, Grove, Wantage, Oxfordshire
June 15-16

"Don't miss your chance to train with one of karate's heavy hitters."

- Iain Abernethy, 6th Dan the British Combat Association

"Kris Wilder is one of those truly rare traditional martial arts teachers who has gone beyond the outer form and technique of the art. He has reached into its very soul. If you're genuinely interested in learning the real thing, don't miss a chance to train with him!"

- Phillip Starr, Founder, Yilquan Kung-Fu. Author of "The Making of a Butterfly" and "Martial Mechanics"

"Kris' structure for striking embodied the concept of short and simple... I've seen a lot of these things done in static positions. Kris can do them moving..."

- Rory Miller, Author of" "Meditations on Violence" and "Facing Violence"

"An author, a fantastic instructor, a philosopher, a motivator, with a unique skill of blending tradition with modern day martial arts, Kris is a fine example of everything I think a karateka should be."

- Al Peasland, Complete Self Protection (CSP)

Hour 1
The Fighter & The Warrior

Learn the difference between the Fighter and the Warrior.
The masters had a vision of the martial arts and the role it should have in your life. Discover how and where the masters hid those lessons in your kata.

Hour 2
Summoning Power: The Lower Body

Applying explosive power in an aggressive defense is what lies at the core of the past masters' karate ways. The heart of karate technique lies in its application, the ability to generate power from the ground upward.

Hour 3
Summoning Power: The Upper Body

Linking the body unifies your upper and lower bodies into one structure designed to drive power into your opponent from any angle and with any technique.

Hour 4
Deception of Movement Principals

By deceiving your opponent by tricking the mind and body, you gain an advantage.
Exploiting that advantage to ensure your safety is a key component to classical karate.

Hour 5
Deception of Movement Pricipals + Practice

A working lab to integrate the whys and ways of traditional karate thought process and application.

Hour 6
Killing the Center

Seizing the center of an opponent, and killing that center is a strategic method and structure unto itself. A powerful plan of action, this terminates an attack and swiftly finishes the confrontation.

闘う

Combat

“Good bunkai is never understood by an observer, a third person, and certainly should never be understood by the person on which you are applying your technique.”

- Kris Wilder

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Kris Wilder Biography

Kris Wilder began his martial arts training in 1976 with the art of Tae Kwon Do. He has earned black belt ranks in Tae Kwon Do (2nd Degree), Kodokan Judo (1st degree), and Goju-Ryu Karate (5th Degree) which he teaches at the West Seattle Karate Academy. Kris has trained under Kenji Yamada, who won back-to-back United States grand championships in Judo ('54-'55); Shihan John Roseberry, founder of Shorei-Shobukan Karate and a direct student of Seikichi Toguchi; and Hiroo Ito, a student of Shihan Kori Hisataka (Kudaka in the Okinawan dialect), the founder of Shorinji-Ryu Kenkokan Karate.

Although now retired from Judo competition, Kris competed nationally and internationally. He has traveled to Japan and Okinawa to train in karate and has authored several books on the martial arts, including co-authoring The Way of Kata and The Little Black Book of Violence, which have been nominated for the USA Book News Best Books Award and the ForeWord Magazine Book of the Year Award. He has also written guest chapters for other martial arts authors and his articles have been articles published in Traditional Karate Magazine. He is an ongoing contributor to YMAA.com, has appeared in the Huffington Post, on The Howard Stern Show, as well as national and local television and is the co-host of the podcast Martial-Secrets.com, available on iTunes. Kris also serves as a national representative for the University of New Mexico's Institute of Traditional Martial Arts.

BOOKS AND DVD'S BY KRIS WILDER

- The LIttle Black Book of Violence: What Every Young Man Needs to Know About Fighting*
- The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications*
- The Way to Black Belt: A Comprehensive Guide to Rapid, Rock-Solid Results*
- The Way of Sanchin Kata: The Application of Power*
- The Way of Martial Arts for Kids
- Lessons from the Dojo Floor
- How to Win a Fight, A Guide to Avoid and Surviving Violence*
- 121 Killer Appz! Fighting Applications From Goju-Ryu Karate with Kris Wilder (DVD)
- Sanchin Kata (YMAA karate) Three Battles Karate Kata (DVD)

*Co-authored with Lawrence Kane

KRIS WILDER SEMINAR REGISTRATION

Yes, register me for the Kris Wilder Martial Arts Seminar

I hereby certify that I am aware of, and understand, all of the risks and dangers inherent in participating in martial arts. I herby agree not to bring a claim against or sue the Host, and proprietors of the premises used for instruction, its officers, instructors, employees, agents, members or authorized guests. I freely and voluntarily accept all risks of injury, death or property damage and agree fro myself and my heirs to RELEASE HOLD HARMLESS AND INDEMNIFY the Host, and propretors of the premises used for instruction, its officers, instructors, employees, agents, members or authorized guests from any and all liablility for personal injury, including death, and property damage resulting from the Host, and proprietors of the premises used for instruction, operation, the conditions, or from my participation in any recreational activities at, or sponsored by the premises, and Host.

I assume full responsibility for maintaining my physical fitness at a level appropriate to participate in martial arts. I understand that I should have had a physical examination to assure myself of my fitness level, and understand that the Host, and proprietors of the premises used for instruction, does not assume any responsibility for my physical fitness.

I hereby certify that I have had sufficient time and opportunity to read and review thise RELEASE. I further hereby certify that I am of legal age and am competent to sign this RELEASE. I understand that the terms of this RELEASE are legally binding and not a mere recital.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS **AFFIRMATION AND RELEASE** BY READING IT BEFORE I SIGNED IT.

Name (Print) _____

Address _____ City _____ St. _____ Zip _____

Signature _____ Date _____ /_____ /_____

YES! I would like to be added to the e-mail list: _____

Parent/Guardian Name _____ Signature _____

Date _____ / _____ / _____

Pay Using Paypal: You need not be a member of Paypal to use the system.

1. Go to: Paypal.com
2. Click: Send Money (at the top of the page.)
3. Enter grovemartialarts@googlemail.com in the “To” section
4. Folllow the rest of the instructions

Please choose your dates

___Friday, June 15, 6pm-8pm Wantage Civic Centre, Portway, Wantage Oxfordshire OX12 9BX
___Saturday, June 16, 9am-4pm Old Mill Hall, Old Mill Hall, School OX12 7LB □□□

Both sessions £ 45 Friday Only £12. £12 Late fee for all registrations made after May 15, 2012
For more information contact Becky Webb, Tel:07850249633, E-mail: beckywebb_3@hotmail.co.uk