

CLASS *of the* KYOSHI'S



Kyoshi Patrick Haley
Chico, California
8th Dan Shorin Ryu Shorinkan
6th Dan Kobudo

Kyoshi Neil Stolsmark
Waukesha, Wisconsin
7th Dan Shorin Ryu Shorinkan
8th Dan Kobudo OKDR

what:
2011 Shorinkan/OKDR Seminar

when:
Thur. Sept. 29 – Sat. Oct. 1

where:

Woodbury Dojo (Thursday)
Martial Arts of Minnesota
Tamarack Hills
731 Bielenberg Drive, Suite 201
Woodbury, MN

St Anthony Dojo (Friday)
Fitness Crossroads
2912 Pentagon Drive
St. Anthony, MN 55418

Hudson, WI. (Saturday)
River Crest Elementary School
535 County Trunk F
Hudson, WI 54016

Thursday, Sept. 29: Woodbury
6:00–7:00pm KIDS Karate
Kids kata class—Both Kyoshi
7:00–8:00pm ADULT Karate
Adult self-defense class
(Kata based applications)—Both Kyoshi
8:00pm Adjourn for the day

Friday, Sept. 30: St. Anthony
3:45–4:30pm Testing
Shodan & Shodan-ho grading—Both Kyoshi
4:30–5:30pm ADULT Kobudo class
Tecchu—Haley
Bo—Stolsmark
5:30–6:00pm break
6:00–7:00pm KIDS & ADULT Karate kumite
(sparring) class
Both Kyoshi (*bring your own equipment*)
7:00–8:00pm ADULT Karate kata class
Brown belt and above only
Brown belts—Stolsmark
Black Belts—Haley
8:00pm Adjourn for the day

Saturday, Oct. 1: Hudson
10–11:30am KIDS Karate
Kids kata class—Both Kyoshi
10–11:30am ADULT Kettlebells—Joe Wright
11:30am–12:15pm Lunch
12:15–2:00pm ADULT Karate kata class
Kyu rank below black belt—Haley
Dan rank all levels of Black belt—Stolsmark
2:00–2:30pm Kyu rank grading
Both Kyoshi
2:30–4:30pm ADULT Karate class & Kobudo
Brown belt and up
Yakusoku set 1—Haley
Kobudo—Sai, Tonfa, Nunchaku and
advanced long weapons—Stolsmark
5:15pm Group dinner (site TBD)

Fees (to be paid in advance or at the seminar)
Kids: One session=\$30. Two sessions=\$45. Three sessions=\$60.
Adults: One session=\$35. Two sessions=\$50. Three sessions=\$65.
Four sessions=\$80. Five or Six sessions=\$90.

For More Information:

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