

Tenshin Hoppo
Uke No Go Genri

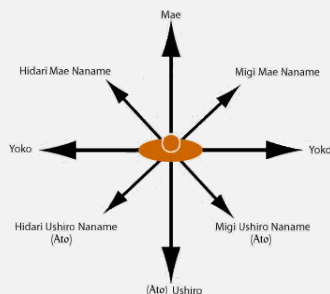
applications to
Pinan / Heian Kata

Karate

Tenshin Hoppo is a formal Shitō-ryū kihon method of shifting the body with the aim to apply offensive and defensive techniques in eight different directions.

Uke no go genri are the five rules of defense developed by Kenwa

Mabuni, the founder of Shitō-ryū: **Rakka, Ryu Sui, Kushin, Ten I and Hangeki.**



This seminar you will learn and practical applications from Pinan/Heian Kata that apply and conform to the Tenshin Hoppo and Uke no go genri principles.

This makes this seminar very appropriate not only for all level of belts, but also for instructors that want to complete their instruction on these fundamental Kata. All Karate styles may benefit from this seminar, as well as practitioners of some other disciplines like Jiu-Jitsu, Kenpo, Tang Soo Do or Aikibudo.

Seminar - Stage

1-07-2018

Program:

09:30 – 9:55, registration / free warming up

9:55 - 10:00, presentation of the seminar

10:00 – 11:00, Kihon / Kata practice

11:00 – 12:30, Practical applications and analysis.

This seminar is open to all styles and levels of expertise.

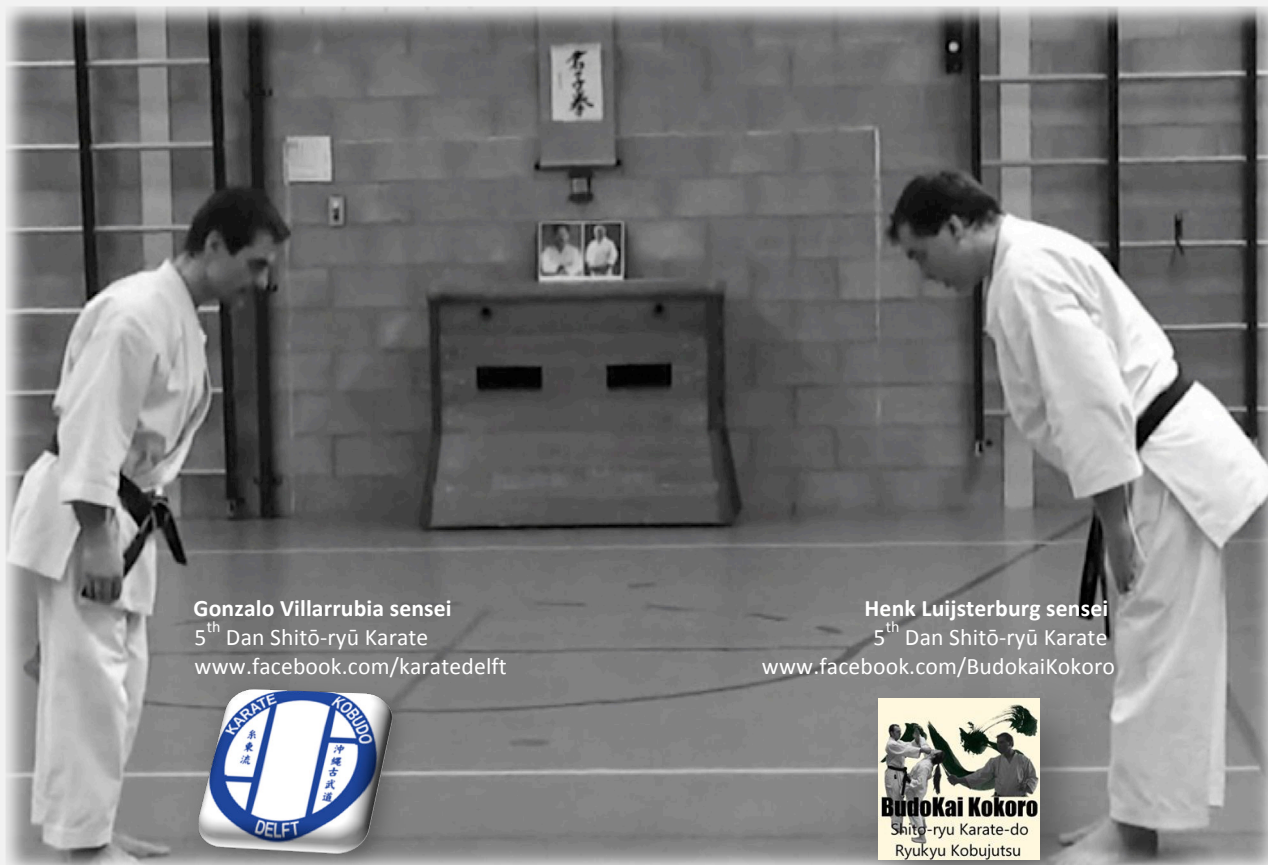
Minimum age to take part is 14 years old.

Contribution: **20 EUR**

Where: Dojo BUDOKAI KOKORO.

Gagelboslaan 160 (Dojo adres), 4623 AH Bergen op Zoom

The seminar is imparted by **Gonzalo Villarrubia** sensei and **Henk Luijsterburg** sensei



Gonzalo Villarrubia sensei
5th Dan Shitō-ryū Karate
www.facebook.com/karatedelft



Henk Luijsterburg sensei
5th Dan Shitō-ryū Karate
www.facebook.com/BudokaiKokoro

