

Seminar - Stage
3 - 12 - 2017

Tenshin Hoppo
Uke No Go Genri

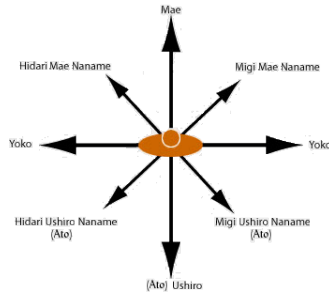
Karate

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.

Therefore this is a seminar very appropriate for all Karate styles as well as practitioners of other disciplines, specially Jiu-Jitsu, Kenpo, Tang Soo Do or Aikibudo.



Program:

09:45 – 9:55, free warming up

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

10:15 – 11:00, **Kihon practice on the basis of Tenshin Hoppo**

11:15 – 12:30, **Practical applications of Uke no go genri**

This seminar is open to all levels of expertise

Minimum age to take part is 14 years old.

Contribution: **20 EUR**

Where: Dojo KARATE & KOBUDO DELFT.

Raam 20, 2611MX Delft (gym facility inside Montessori school)

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



Gonzalo Villarrubia sensei
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