



## SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL

# Kofukan Norge

Karate Seminar 31 January , 1-2 February in Asker  
Chief Instructor : Shihan Keiji Tomiyama 9 Dan (Tasshi)

### Registration

Done through Spond or Email: Deadline is on Monday 25 January

### Information

The seminar will be held in Asker International skole on Friday evening 31<sup>st</sup> January, [Gamle Borgenvei 3, 1383 Asker](#) and Borgen Gym hall on Saturday and Sunday 1- 2 February , [Vardefaret 4, 1388 Asker](#) . For more information contact Muthu mobile (+47) 988 68 291, email: [post@borgenkarateklubb.no](mailto:post@borgenkarateklubb.no) or Sverre Lunde mobile (+47) 401 40 808 , email: [sverre.lunde@hotmail.com](mailto:sverre.lunde@hotmail.com)

### Cost

Price for the seminar Adults (18+ yrs) 750 NOK, Cadets (14-17 yrs)500 NOK and children (-13 yrs) 250 NOK

### Payment

For members in Norwegian clubs: Kofukan Norge sends an invoice to the member club for the members who took part in the seminar. Control of the number of participants will be the basis for invoicing the individual club. For members outside Norway: Payment for the seminar is made via Kofukan Norway's account 1503.70.05115 or in cash on arrival.

### Dinner

Friday - We arrange a dinner after training at Glorioso for about 10 people, registration is done at the venue.

Saturday - We arrange a dinner at Sato restaurant for about 10 – 15 people, registration is done at the venue.

Sunday - We arrange a dinner at Haveli Asker Indisk restaurant, registration is done at the venue.

### Exercise

This is a tenant that we divide into several parts. We will train Basic, Kata (Form) and Bunkai (Practice practiced in pairs). The idea is that we will get a tenant where we are challenged mentally and physically and that we want to improve insight into the values that Kofukan stands for.

### Place

31<sup>st</sup> January : Asker international School, [Gamle Borgenvei 3, 1383 Asker](#) ( reachable by public transport from Asker sentrum Busline 280 and 281. Parking is free at skole area )

1<sup>st</sup> and 2<sup>nd</sup> February: Borgen Gym sal [Vardefaret 4, 1388 Asker](#) ( reachable by public transport from Asker sentrum Busline: 281. Parking is free at skole area)

### Seminar Plan (Preliminary schedule subject to change depends upon the number of participants )

Schedule	Friday 31 January	Saturday 1 February	Sunday 2 February
Session 1	18.00 - 20.00 1. Dan -> Kata Hakucho and Bunkai with Hakuho principles	09.30 - 10.30 1. Dan → Kata for own grade	09.30 - 10.30 1. Dan → Kata for own grade
Session 2		10.30 - 12.30 Basic Training All degree Adult Cadet (14-17 year) Children (6-13 year)	10.30 - 12.30 Basic Training All degree Adult Cadet (14-17 year) Children (6-13 year)
Lunch		12.30 - 13.30	12.30 - 13.30
Session 3		13.30 - 14.30 Naihanchin Shodan Kata & Bunkai with Shurite principles Children: 5 kyu and above → All degree Adult and Cadet (14-17 year)	13.30 - 14.30 Sanchin Kata & Bunkai with Nahate Principles Children: 5kyu and above → All degree Adult and Cadet (14-17 year)
Session 4		14.30 - 16.00 Budo Kumite strategies Children: 5 kyu and above → All degree Cadet (14-17 year) and Adult	14:30 – 16:00 Nipaipo Kata & Bunkai 1 kyu and above → Cadet (14 – 17 years) and Adult
End		16:00 - End	16.00 - End
Dinner	20.30 Dinner Glorioso	19.00 Dinner at Sato restaurant	19:00 Dinner at Asker Haveli