

Ryūkyū Kobudō Tesshinkan - Europe

琉球 古武道 哲心館 協会 ・ ヨーロッパ



International Seminar

国際セミナー



Frank Pelný (Germany)

Shihan, Renshi, Shibu-Chō for Europe
6th DAN Ryūkyū Kobudō Tesshinkan
8th DAN Karate-Dō Shōtōkan-Ryū

Vize World Champion

«Traditional Okinawan Kobudō World Tournament»
2015 - category Bō
2024 - category Sai



Saturday

12:00-13:00	Bō	introduction, basics, Bō-no-Kihon
13:15-14:15	Bō	Bō-no-Kihon Bunkai
14:30-15:30	Sai	introduction, basics, Sai-no-Kihon
15:45-16:45	Nunchaku	introduction, basics, partner exercises
16:45-17:00	Mondō	teaching talk
19:00	Dinner	all together / outside the dōjō

Sunday

10:00-11:00	Bō	Kata: Shūshi-no-Kun (Shō) & Sakugawa-no-Kun (Shō)
11:15-12:15	Bō	Bunkai sequences of Shūshi-no-Kun (Shō)
12:30-13:30	Sai	Yakusoku-Kumite Bō-tai-Sai
13:45-14:45	Tekkō	introduction, basics, partner exercises
15:00-16:00	Kyū tests	graduation examinations

► Please bring the required training weapons with you! ◀

Seminar fee: 250 PLN

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