

# II SKPF INTERNATIONAL KARATE-DO SEMINAR

"THE PRACTICAL ASPECTS OF KARATE"



designed by: Tiago Pedroso

## PROGRAM:

- Practical Bunkai Sequences (from Heian Nidan, Heian Sandan, Heian Godan, Tekki Shodan, Bassai Dai, Nijushiho).
- Working on feeling, spirit and attitude over technique.
- 7 precepts of Karate: Yoi, Ma-ai, Reaction/explosion, Breathing, Kime, Timing and Opportunity.

22.11.2014 - 12:00 to 14:30 **ALL GRADES**  
15:00 to 17:30

23.11.2014 - 12:00 to 14:30 **ALL GRADES**  
15:00 to 17:30

**(SEITOKAI) 17:30 - DAN EXAMINATION**

Green belt down: 30€

Blue belt up: 40€

## ORGANIZATION:

LOCATION:

[www.seitokai.eu](http://www.seitokai.eu)

**TREENIPAJA**

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## DIRECTED BY:

**SENSEI RUI MARQUES (Portugal)**

*Grupo Unitis - Karate-Do Shotokai*

**& SENSEI TIAGO PEDROSO (Finland)**

*SEITOKAI - Karate-Do Shotokan*



5.Dan Shotokan  
4.Dan Shotokai



3.Dan Shotokan  
2.Dan Shotokai

