



Instructor SEMINAR

@ the Hombo Dojo

NECESSARY INFORMATION

- **TIME**
14th to 17th May 2015
- **PLACE**
FGTCK Hombo Dojo
Toekomststraat 40, 3940 Hechtel-Eksel
- **WHO**
Instructors and Assistant Instructors
holding at least 1.Kyu
- **ENROLMENT**
30 April 2015 at latest via e-mail at
hombo.dojo@gmx.com
- **ACCOMODATION**
in the dojo or on own responsibility
self-catering

Mizu Kata

A liaison of Shotokan Karate and Chi Ryu Aiki-Jitsu

Seminar instructor



Shihan Hans-Jürgen Pech
(Lobstädt, Germany)

We are going to look at Kata in specific and how it forges two different styles, Shotokan Karate and Chi Ryu Aiki-Jitsu together.

We will examine 3 different Kata developed from the desire to train Kata as a form of actio and reactio. Therefore we will focus on Kata and its Bunkai.

By working in groups or with partners, you will expand your knowledge about Kata and the possibilities Kata holds for every student beginner or advanced.



Shihan Jhonny Bernaschewice
(Headmaster)