



Chris Denwood

APPLIED KARATE SEMINAR 6 & 7 DEC '14

Chris Denwood has been studying Traditional Karate since childhood & specializes in applying the art's core principles for personal protection, life integration and self discovery.

Sat 6th Dec 11:00 - 12:00

Open Introductory Karate Session
12 years up, white, yellow, orange belts
Public, friends and invited relatives of members invited.

Sat 6th Dec 12:15 - 13:15

Kids Karate for members including anti-bullying training
8 years - 12 years all belts

Sat 6th Dec 14:00 - 16:30

Adults and Teens Kata Bunkai
13 years up green above
Including all core members

Sun 7th Dec 10:00 – 11:00

Kids Karate for members including anti-bullying training (cont'd)
8 years – 12 years all belts

Sun 7th Dec 11:30 – 14:30

Advanced core group (Naihanchi Shodan)
Selected members brown and black belts
15 years up

