

MALTA KARATE FEDERATION

Applied Karate Seminar

Visiting Instructor – Chris Denwood



Programme

Saturday 26th September 2015 – La Salle Karate Club, Vittoriosa

Time:	Subject:	Group:
1215 – 1330hrs	1 st Junior Karate and Life-skills session	Junior (up to 12yrs)
1400 – 1530hrs	1 st Open session – Applied Karate (studying Heian Nidan – pragmatic Bunkai principles)	Adults and Teens (13 yrs and over)
1600 – 1800hrs	1 st Closed session – Naihanchi	Advanced Naihanchi Core-Group

Sunday 27th September 2015 – La Salle Karate Club, Vittoriosa

1000 – 1100hrs	2 nd Junior Karate and Life-skills session	Junior (up to 12yrs)
1115 – 1245hrs	2 nd Open session – Applied Karate (studying Heian Nidan and Sandan – pragmatic Bunkai principles)	Adults and Teens
1300 – 1500hrs	2 nd Closed session – Naihanchi	Advanced Naihanchi Core-Group

Junior group sessions are open to all interested students up to (and including) 12 years of age

Adult and teen group sessions are open to all interested students aged 13 and above

Advance Core-group (closed) sessions open to returning participants of previous Core-Group sessions