



Chris Denwood

APPLIED KARATE SEMINAR

Friday 2nd - Sunday 4th December 2016

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.

| Friday 2nd December 2016 – Mgarr Dojo | | |
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| 7.30-9.30PM | 1 st Open Seminar For Seniors And Teens | Adult and teen group 13 Years Up Green Belt+ |
| Saturday Morning 3rd December 2016 – La Salle Dojo, Vittoriosa | | |
| 8.30-10.00AM | Open Seminar For Juniors | Junior group Up To 12 years |
| Saturday Evening 3rd December 2016 – Mgarr Dojo | | |
| 4.00-6.30PM | 2 nd Open Seminar For Seniors And Teens | Adult and teen group 13 Years Up Green Belt+ |
| Sunday 4th December 2016 – Mgarr Dojo | | |
| 9.00-12.30AM | Closed Core Group Training | Advanced Naihanchi Core-group |

Junior group - sessions are open to all interested students up to 12 years of age

Adult & Teen Group - sessions open to all interested students aged 13 and above

Advanced Core-Group (closed) - sessions open to returning participants of previous Core-Group sessions, knowing Hand Drills 1-6 and Naihanchi Kata

