



Chris Denwood

APPLIED KARATE SEMINAR

Friday 24th - Sunday 26th November 2017

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, 24th November – Mgarr Dojo		
7:30-9:30pm	1st Open Seminar For Seniors And Teens	Adult and teen group 13 Years Up Green Belt+
Saturday, Morning, 25th November – La Salle Dojo, Vittoriosa		
11:00-12:30pm	Open Seminar For Juniors	Junior group Up To 12 years
Saturday Evening, 25th November – Mgarr Dojo		
4:00-6:30pm	2nd Open Seminar For Seniors And Teens	Adult and teen group 13 Years Up Green Belt+
Sunday, 26th November – Mgarr Dojo		
9:00-12:00pm	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

