



# Malta Karate Federation

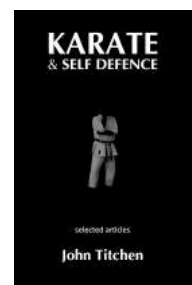
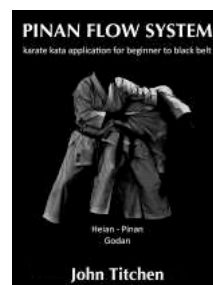
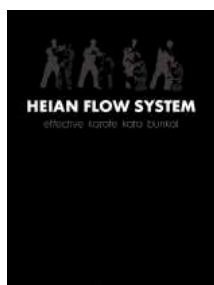
## KATA BUNKAI SEMINARS



**DYNAMIC AND ALIVE TRAINING DRILLS THAT WILL TAKE YOUR KATA PRACTICE AND SELF DEFENCE SKILLS TO ANOTHER LEVEL**

Learn how to use kata sequences to deal with pushes, punches, grabs, clinches, head-butts, head-locks and tackles, plus spot the moves that teach you how to flow easily between grappling and striking, trapping and controlling.

You'll never look at kata the same way again!



"Sensei John delivered a remarkable seminar, leaving us with a deeper understanding of the 5 Shotokan Heian Kata. His knowledge on the subject is staggering, spanning some 25 years of training. It was a fantastic experience for all who took part. Truly an amazing experience for us all by a gentleman Sensei."

*Sensei James Galea*

"Sensei John was fantastic as an instructor and as a person. His teaching method was structured and pleasant and kept all of us involved and interested throughout."

*Sensei Jesmond Schembri*

Friday	<b>24 Feb 2017</b>	Senior session	<b>7.30-10.00PM</b>	Mgarr Dojo
Saturday	<b>25 Feb 2017</b>	Junior session	<b>9.00-11.30AM</b>	Mgarr Dojo
Saturday	<b>25 Feb 2017</b>	Senior session	<b>3.30PM-6.30PM</b>	Mgarr Dojo
Sunday	<b>26 Feb 2017</b>	Senior session	<b>9.30-12.00 noon</b>	Mgarr Dojo

**Venue: Mgarr Dojo**

**Contacts:**

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**[www.maltakarate.com](http://www.maltakarate.com)**

**[www.titchen.com](http://www.titchen.com)**