

KOFUKAN KALGOORLIE

PRESENTS THE QUEENS B'DAY WEEKEND TRAINING SEMINAR

SATURDAY 24TH

5:30 AM Sunrise Training -Mt Charlotte Reservoir
9:00 AM General Training
10:00 AM Kumite - Resistance training
11:00 AM Anti-Bullying Self Defence Part One
12:00PM LUNCH
1:00PM Street Survival Self Defence Session One
2:00PM Pinan Kumite
3:00 PM Pinan Bunkai Kumite Session One

SUNDAY 25TH

7:00 AM Park Training -Norkal Park, Vivian St
9:00 AM Street Survival Self Defence
10:00 AM Shuri-te Advanced Kata
11:00 AM Anti-Bullying Self Defence Part Two
12:00 PM LUNCH
1:00 PM Naha-te Advanced Kata
2:00 PM Pinan Bunkai Kumite Session Two
3:00 PM Hamahiga no Tonfa
(participants must have own tonfa)

MONDAY 26TH

8:00 AM Open Mat - Warm-up for Grading
9:00 AM Grading Yellow Belt up to Purple Belt
12:30 PM Grading Brown and Black
6:00 PM Celebration dinner
(Fu Wah Chinese Restaurant)

TRAINING SESSIONS ARE FREE TO ALL KKA MEMBERS

ALL SESSIONS RUN FOR 1 HOUR

Unless otherwise specified all events will be held at the Goldfields YMCA.

All grading candidates need to pay a fee to grade. Please speak to your Sensei for further information.

Sensei Brian Chambers: 0407 442 213