

14.10.2018

KATA

12:00 - 17:00

marathon

Welcome to our Annual Kata Marathon!

35 kata in one training session

Ten-no-kata

Taikyoku 1,2,3

Geri-no-kata 1

Heian 1,2,3,4,5

Empi-no-kata

Tekki 1,2,3

Bassai Dai/Sho

Jion

Ji'in

Jutte

Wankan

Empi

Kanku Dai/Sho

Hangetsu

Meikyo

Söchin

Nijushiho

Chinte

Gojushiho Dai/Sho

Gankaku

Unsu

Hyakuhachiho (Suparinpei)

Sansai

Geri-no-kata 2

Come and go when you wish.

Not mandatory to do the entire training.

FREE OF CHARGE

