



# KARATE-DO

松濤館空手道

## 1.12.2018 – WINTER KARATE CAMP

SEITOKAI Karate-Do Shotokan Finland invites you to the 2018 Winter Camp taking place in Herttoniemi – Mekaanikonkatu 3b, 00880 Helsinki.

This training camp is meant for all Karateka, and complete with basic training (Kihon), form and application (Kata and Bunkai) and sparring (Kumite).

All ages, levels and Dojos are welcomed!

Participants can also register for a belt examination, taking place at the end of the training day.

Conducted by:  
**Sensei Tiago Pedroso**  
(4.Dan Shotokan,  
2.Dan Shotokai,  
1.kyu Okinawan Kobudo)  
and various black belt assistants.



日本空手松濤連盟

9:00-9:45

REGISTRATIONS  
KIHON

10:00-11:45

KIHON TRAINING

11:45-12:00

REGISTRATIONS  
KATA

12:15-14:00

KATA TRAINING

14:00-14:30

REGISTRATIONS  
KUMITE

14:45-16:00

KUMITE TRAINING

16:30-19:30

BELT  
EXAMINATIONS, UP  
TO 2.DAN

Training fee:

1 session = €15

Whole day = €25

Examination fee:

€30 kyu grades

€50 dan grades

(payment at the dojo)