

Kata Special Seminar 7. + 8. October - 2023-10-07

Tatami 1	
09:45	
09:50	<u>Mobilization / stretching arms</u> 09:45 - 09:55 (00:10)
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10:00	
10:05	
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10:15	
10:20	
10:25	
10:30	<u>Tsuki + Uke + Shuto</u> 10:00 - 11:00 (01:00)
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10:40	
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11:00	<u>Mobilization / stretching shoulders</u> 11:00 - 11:10 (00:10)
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12:00	<u>GojuShiho [Sho/Dai] (Timing, Kime)</u> 11:15 - 12:45 (01:30)
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12:45	<u>Mobilization / stretching shoulders + arms</u> 12:45 - 12:55 (00:10)
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13:05	
13:10	<u>Lunch break</u> 13:00 - 13:30 (00:30)
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13:25	
13:30	<u>Mobilization: stretching legs</u> 13:30 - 13:40 (00:10)
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14:10	<u>Geris (Mae Geri, Yoko Geri, Yoko-Ebi)</u> 13:45 - 14:45 (01:00)
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14:45	<u>Mobilization: stretching hips</u> 14:45 - 14:55 (00:10)
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15:30	<u>Sochin / Gangaku (Chinto) + Sansai/Anan</u> 15:00 - 16:30 (01:30)
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Tatami 1

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16:35	<u>Mobilization / stretching full body</u> 16:30 - 17:00 (00:30)
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Kata Special Seminar 7. + 8. October - 2023-10-08

Tatami 1

09:45	Mobilization / stretching legs + hips 09:45 - 09:55 (00:10)
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10:00	Jumps + Transitions stances 10:00 - 11:00 (01:00)
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10:45	
10:50	Mobilization / stretching shoulders + arms 11:00 - 11:10 (00:10)
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11:00	Kanku / Kosokun (Sho/Dai) + Unsu/Unshu 11:15 - 12:45 (01:30)
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12:20	Lunch break 13:00 - 13:30 (00:30)
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12:55	Mobilization / stretching 13:30 - 13:40 (00:10)
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13:05	Stances + Variations (Pause, Timing) 13:45 - 14:45 (01:00)
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13:35	
13:40	Mobilization / stretching 14:45 - 14:55 (00:10)
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13:50	Suparinpei (Shotokan +/- Shitoryu) 15:00 - 16:30 (01:30)
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Tatami 1

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