



Shitokai Scotland

Kata seminar with WKF world Kata champion

Shinichi Hasegawa

Shitokai Japan



The Hasegawa Brothers

World Karate Federation
World Team Kata Champions

Sunday May 5th 2013

Renfrew Leisure Centre

Paisley Road, Renfrew, near Glasgow, PA4 8LJ.

12.15-12-45pm: Registration

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|---------------|---|---------------------------|
| 1-2.15pm: | Kihon: the building blocks of kata | (All Grades) |
| 2.20 -3.30pm: | Kosokun-dai – Nipaipo: | (All Grades) |
| 3.40 -5pm: | Annan - Suparinpei | (Black Belts only) |

Fees: **Kyu grades: £20 Juniors £15:** **Dan Grades: £25 Juniors £20:**

N.B. Please note these Katas are very technical and a good understanding of basics is required to fully appreciate and benefit from the seminar

For further information please contact Shitokai Scotland secretary Jeannette O'Neill on:

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