

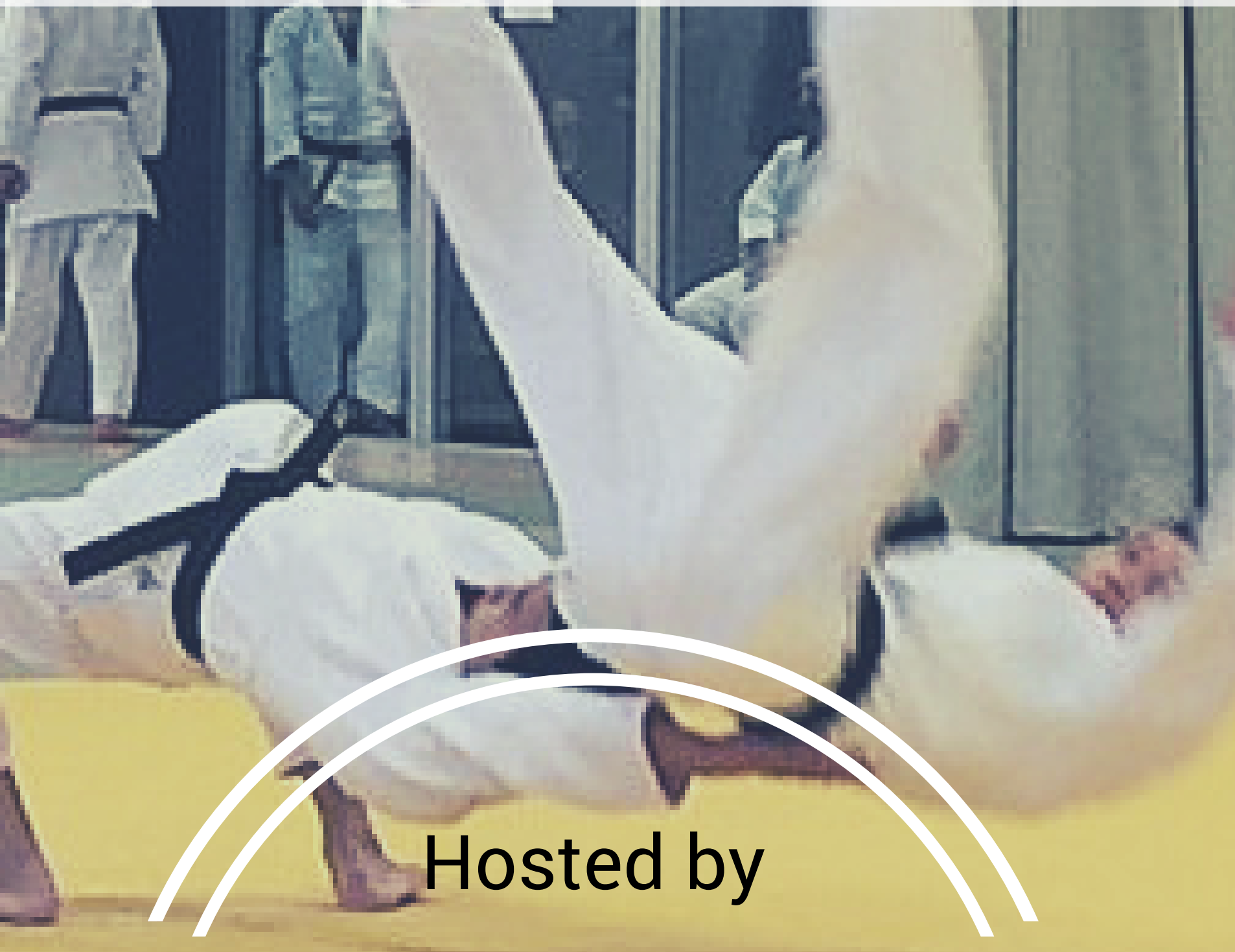
Kata Seminar

March 31

12pm-4pm

April 1

10am-2pm



Hosted by

Takahashi Dojo

**5 Melrose Ave
Ottawa**

SATURDAY

Kime-no-kata
Ju-no-kata

SUNDAY

Goshin Jutsu
Nage-no-kata

www.takahashi-dojo.com

Michio Fukushima Sensei

Fukushima Sensei, 8-dan, is a current Kata Instructor and the former Director of Grading at the Kodokan in Japan and travels worldwide to share his experience and expertise. During this sanctioned seminar, the fundamentals of each kata will be reviewed, including more detailed explanations of the intricacies of each move. Following this, time will be given to apply what is being taught and ask questions as Fukushima Sensei observes each participant. Suggested donation is \$30 for one day, \$50 for two days.

