



**Martial Arts
School**

*Herne Bay Judo and Martial Arts Centre
Station approach
Herne Bay
Kent
CT6 5QJ*

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Uechi -Ryu G.B. Summer Seminar June 7th 2014

Terry Daly Renshi 6th Dan Uechi-Ryu

Lee Adams Shihan (5th Dan Shohei Ryu/Uechi Ryu ,3rd Dan Tomiki Aikido)

Dean Lowe Uechi-Ryu G.B.

12 noon –6 P.M. cost £20

Course content

Kata Bunkai ,Competition Kumite workshop

Tai Sabaki – avoidance and why it's important

Un Soku and tanduko undo – foot movement and hand/foot movement

Understanding kuzushi

Application of the above in Daiiti Yakosoku Kumite (or your own association kumite exercise)

Use of locks and takedowns and how to make them more effective

This course is open to all Karate styles and associations

Please contact Lee Adams on info@shogunkaratekai.co.uk