



OSUNA KARATE
SHOTOKAN KARATE-DO

#3, 141 Commercial Drive, Springbank
Calgary, AB T3Z 2A7

Competition training – Beginners and Intermediate

Starting on Friday April 6th, 2018

10 Fridays:

Time: 6:15pm to 7:15pm

Dates: April: 6/13/20/27 May: 4/11/18/25 June: 8/15

(No classes on June 1st, 2018)

Cost: \$ 100 + gst for Osuna Karate and WSKF members
\$ 150 +gst non-members

Training structure:

This is a 10 Fridays block starting on April 6th. It will focus only on Karate competition, basics and strategies.

The training will include some 15 minutes of Kata, where we will go over the performance and how to get the most out of it. We will not be teaching Kata as there will be people from different styles, yet we will help the athletes chose their most competitive Kata.

The bigger focus of this training will be on sports Kumite. We will focus on some key scoring techniques and work a lot of the development of those, how to properly perform them and set them up. But we will also like to do some individual analysis and identify individual talents.

Notes:

- ⇒ There is a minimum of 10 participants per class and a max of 25
- ⇒ Registrations are on a first come first served basis
- ⇒ No make-up classes available, however participants can join another regular class and another day or time.
- ⇒ Participants on this class will have the “first call” _to our Summer Grassroot Training Camp.

More info:

www.osunakarate.com / 403-807-1425 / info@osunakarate.com