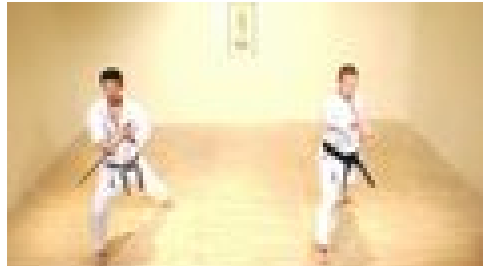




KANAZAWA SHOTOKAN RYU



Senseis Nobuaki Kanazawa
& Seamus O'Dowd demonstrating
Kanazawa No Bo & Shotokan Karate

Take Shotokan Karate to the Next Level Traditional Shotokan Karate & Kanazawa No Bo (6 Foot Staff) Special Weekend Course 24th & 25th October

A weekend course comprising of traditional Shotokan Karate-do and Kanazawa Kanchos Bo (6' staff)

Kata – Kanazawa No Bo. Kanazawa Kancho developed this Bo form to enhance the proper understanding and execution of traditional Shotokan karate. The techniques are practiced in the shotokan tradition and not strictly as kobudo.

The course Instructors are:

Shotokan Karate:

Roger J. Carpenter (7th Dan S.K.I.F.), Chief Instructor & Chairman of SKKIF and
Kanazawa Kanchos Senior European Instructor

Kanazawa No Bo:

Seamus O'Dowd (5th Dan S.K.I.F.) Ireland and Kanazawa Kanchos designated instructor for his
Shotokan style Bo Kata

Shotokan Karate:

Jim Palmer (6th Dan S.K.I.F.) Chief Instructor of the Kanazawa Shotokan Ryu Group
and Vice Chairman of SKKIF.

**Venue: The Bannockburn Centre
West Murrayfield, Bannockburn, Stirling FK7 8NB
From 10am until 3pm**

Adults £45 and Juniors £35 for both days

Should you intend to participate, Please confirm by emailing

annepalmer@skif.co.uk

or telephone **01786 815395** and leave your name and 'phone number

If you intend to participate, please bring either a Bo (6' pole) or a Jo (4' pole)
although we will attempt to have a few spare