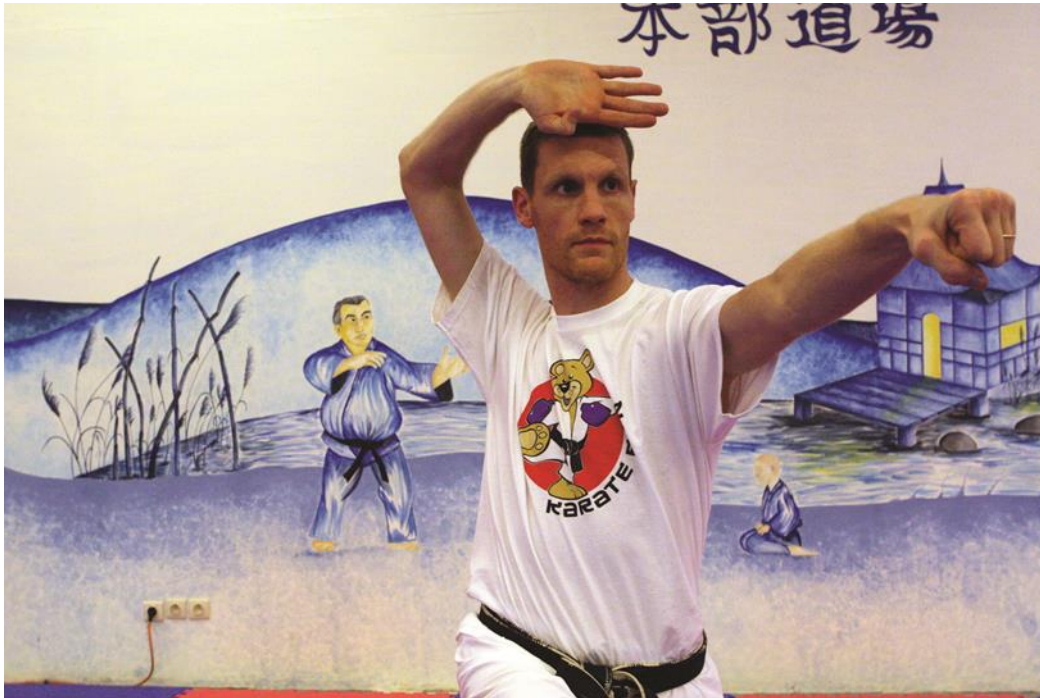


# Karate Fun Seminar with Sensei Junior Lefevre (14<sup>th</sup> & 15<sup>th</sup> March, Glasgow)

## UPDATE



Following discussions with Sensei Lefevre the outline format of the Kata and Kumite sessions have been confirmed.

### **KATA SESSIONS**      *(Saturday 14<sup>th</sup> March)*

**Session 1** (10.00am – 12.30pm) will be a general kata session suitable and open to all styles that has been designed to improve the participants' general kata performance, e.g. stance work, training drills and routines, etc.

**Session 2** (1.30pm – 4.00pm) will be a kata specific session suitable and open to all styles. This session will focus on drills and routines designed to improve participants understanding and performance of Unshu (Shito-ryu) and Unsu (Shotokan). It is anticipated that participants will have at least a basic understanding of Unshu / Unsu prior to attending the seminar therefore allowing more time to be spent focusing on improving the performance and understanding of the kata.

### **KUMITE SESSIONS**      *(Sunday 15<sup>th</sup> March)*

Both kumite sessions will be suitable and open to all styles. Sensei Lefevre will be covering various aspects of kumite with participants working on drills and routines aimed at improving their kumite knowledge, skills and understanding. Throughout the sessions, Sensei Lefevre will also be working with participants on adapting drills and routines in line with the new WKF Kumite rules.