



Kata From Another Perspective
Location: 205, 8579 Scurfield Drive NW,
Calgary
Date: August 25, 2019
Time: 1 - 3:30 PM
Cost: \$15 Online:
<https://squareup.com/store/st-albert-karate-club> or at the door

Understand:
90% rule - reality of enbusen
meaning of hikite - a block is a strike
exploiting instinct - blocking forward
turning block into throw

Appreciate the origins of the heian kata - explore the wrist locks, arm breaks and throws of heian shodan in a bunkai kata - simultaneous block and counter as an opening defense - blocking and throwing a Samurai swordsman - breaking out of a fortress

Vic Charlton
sandan
Graded under
Kanazawa, Enpeda and
Yaguchi sensei. Began
training in 1965. Chief
instructor with
St. Albert Karate Club

For 5 kyu (Purple belt) and above. Sign up now for this seminar by **Sensei Vic Charlton**. Space will be limited, therefore sign up and pay ASAP to secure your spot!