



# Ryukyu Kobudo Shimbukan Seminar

## Thomas Podzelyny 6th Dan, Renshi



**Date: April 19<sup>th</sup> 2024 - April 21<sup>st</sup> 2024**

**Kobudo Training at VS Frauenfeld Europaplatz 1 2320 Schwechat**

Open for all styles and grades

Seminar fee: 70€ adults, 50€ kids

### **Friday 19.4.2024**

18:00-18:15 opening, welcome  
18:15-21:00 Bo Kihon, Kihon Kata I,II

### **Saturday 20.4.2024**

09:00-10:30 Sai Kihon, Kihon Kata I,II  
10:30-12:00 Nunchaku Kihon, Kata / Tonfa Kihon & Kihon kata  
12:00-14:30 Lunch break  
14:30-16:00 Bo Kihon + Kata (Shushi-no-kon-sho)  
16:00-18:00 Tekko Kihon, Kata / Hamahiga/Yaraguwa no Tonfa  
19:00 Seminar party @ restaurant in Schwechat

### **Sunday 21.4.2024**

09:00-10:30 Bo Kihon + Kata (Sakugawa-no-kon-sho, Shushi-no-kon-dai)  
10:30-12:00 Sai Kihon + Kata (Chikinshihakku-no-sai, Chatanyara-no-sai)  
12:00-14:30 Lunch break  
14:30-16:30 Bo/Sai repetition and grading preparation  
17:00-18:00 Kyu grading  
18:00-19:30 special Goju Ryu practice  
20:00 Sayonara party location tbd

Contact: R. Zampa +43 660 358 2042 / [jundokan@rudi-zampa.at](mailto:jundokan@rudi-zampa.at)



Organization: Okinawa Goju Ryu Karate-Do Schwechat in cooperation with Österreichischer Karate Bund/Karate Austria and LV Niederösterreich.

The organizers shall not be liable for any material and or personal damage!



#### Remarks:

- Registration with payment of seminar fee. Fee to be paid to:  
Okinawa Goju Ryu Karate-Do Schwechat IBAN: AT75 12000 10011764874  
Please leave remark: Kobudo Schwechat April 2024