

Sensei Higashi Spring Clinic 2010

April 16, 17, and 18

Clinic Open **ONLY** to Members of
The Canadian Chito-Ryu Karate-do Association

Junior Schedule

Day	Time	Event
Saturday, April 17th Location: Studley Gymnasium Dalhousie University Campus	9:00am - 10:15am	Junior Karate – Sensei Higashi
	10:15am - 10:30am	Sensei Higashi - Junior Karate Photo
	10:30am - 11:45am	Junior Karate: Palmer, Euloth Ni Sei Shi Bunkai
	11:45am - 12:30pm	Make rice/ Kanji (Names in Japanese on belts) Palmer and Euloth, Miho

Adult Schedule

Day	Time	Event
Friday, April 16th	6:30pm - 9:30pm	Yudansha Gradings Location: Atlantic Karate Club, 14 Purcell's Cove Rd, Halifax
Saturday, April 17th Location: Studley Gymnasium Dalhousie University Campus	9:00am - 10:30am	Yudansha Warmup/Kata Practice – Sensei Golz
	10:30am - 12:30pm	Adult Karateka - All Ranks Kihon / Kata
	12:30pm - 2:00pm	Lunch (Location TBD)
	2:00pm - 4:15pm	Te Hodoki No Waza Ni Sei Shi Sho Bunkai Kihon Dosa Yon Bunkai
	4:15pm - 4:30pm	Adult Karateka Photo
	6:00pm - 9:30pm	Dinner/Banquet
Sunday, April 18th Location: Atlantic Karate Club, 14 Purcell's Cove Rd, Halifax	9:00am - 10:00am	Chito-Bo
	10:00am - 1:00pm	Nage No Kata Hanten/Rinten Jun Ni Shi

Please note that while this schedule is as accurate as possible it is subject to change without notice.



Standard Sensei Higashi Clinic Fees Apply:

Yudansha:	\$40
Adult Kyu:	\$25
Children:	\$10