

2010

**BKA KENDO-NO-KATA
SEMINAR & TAIKAI
MARCH 27th-28th**

Under the guidance of:

John Howell NanaDan Kyoshi

Jeff Humm NanaDan Renshi

Hosted By HIZEN DOJO



Following last year success places on this year seminar will be limited to 80 so please book early so not to be disappointed and miss out.

Content

Saturday

- 11am – 1pm Basic training with instruction
- 1pm- 4pm National Kata Taikai (Individual 3rd Dan above & Pairs up to 2nd Dan)
- 4pm- 5pm Awards

Sunday

- 10am- 12noon Kihon Uchi & Kamae (training methods application)
- 12noon-1pm Lunch
- 1pm – 3pm Tachi Uchi Developed by Humm Sensei from the first forms (Application and practice)
- 3pm -5pm Kodachi an effect sword (the break down of action and reason)
- 5pm -6pm Shinza Keiko (Ikkyu- Godan)

Cost £20 per day this includes entrance into Taikai for BKA Members.

EU Kendoka are welcome, if numbers are high then Dojo accommodation could be provided at a small cost in comparison with local B&B / Hotel more details to follow.

To pre-book please send e-mail to info@hizenfoundation.org with KATA 2010 as reference.

