

# Kihon Maximized

(Form, strength, coordination and strategy)

May 1, 2004 – May 2, 2004

A Seminar Sponsored by

**Upper Canada Shotokan Dojo**

**Ottawa, Ontario Canada**

**University of Ottawa (Downtown Campus)**

led by

Yoram Cohen (Godan)

This special seminar emphasizes training methods to increase ones hip power, balance, agility and coordination. The hips are central to effective karate techniques. Therefore, the hips and legs should be especially trained, keeping in mind total body training. Learning how to train and use one's hips in kihon practice, kata and kumite will be emphasized. The seminar will also help attendees design individualized exercises to develop hip and lower body strength, speed and agility. The ultimate objectives are to improve one's form and to develop "live" and "courageous" hips so as to unite effective techniques with a successful fighting strategy.

<b>Schedule:</b>	
<b>Saturday May 1, 2004</b>	<b>Sunday May 2, 2004</b>
<b>Session 1:</b> 9:30 am - 12 pm <b>Session 2:</b> 2:30 pm - 5 pm <b>Evening social:</b> 6:30 pm	<b>Session 3:</b> 11 am - 1:30 pm
<b>Location:</b> Upper Canada Shotokan Dojo (University of Ottawa, Downtown Campus)	<b>Contact:</b> R. Copping (819) 561-9586 G. Wong (613) 837-4355
<b>Registration:</b> \$50	
<b>Eligibility:</b> Open to all SKA/CS members in good standing. Membership card required.	

*All proceeds will be donated to the Shotokan Ohshima Dojo*