

# NTKF Treningssamling

## Høvik flerbrukshall, Lier, 22.april 2012



**Dato: 22.april 2012**

**Sted: Høvik flerbrukshall, jensvollveien, Lier**

**11.00-12.30 - Heian kata bunkai m/Martin Boag 5.dan**

**13.00-14.30 - Avansert kata bunkai m/Martin Boag 5.dan**

*Many people see Shotokan as only blocks, kicks and strikes and have no knowledge of the grappling techniques contained in Shotokan kata. I therefore want to highlight the locks, holds, throws and escapes which are contained in the kata.*

*During the course I will focus on giving students a deeper understanding of the meaning of the techniques and how they can be used against a partner. My aim is to give people a better knowledge of the practical application of the kata and encourage them to do their own research in the future.*

**Priser:**

*Bunkai: 100,- for en økt, eller 150,- for begge,-*

*Familier får 50% f.o.m medlem nr 3.*

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