

The School of Traditional Karate



2013

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Children's Black Belt Program – **21st April 2013. 2pm to 6pm**

Venue: Clewer Youth and Community Centre, Parsonage Lane, Windsor
SL4 5EW

Item	Time	Agenda
1	2.00 - 2.15	Recapitulate the First dojo kun (new attendees) and explanation of the Third dojo kun (handout)
2	2.15 - 2.30	Warm up exercises
3	2.30 - 4.00	Heian Shodan Bunkai (Application)
4	4.00 - 4.15	Refreshment break and time to make notes
5	4.15 - 4.45	Bo kata - Shuji No Kon Sho
6	4.45 - 5.45	Bo kumite
7	5.45	Summary of the day
8		Questions
9	6.00	Finish