

Schedule for via Zoom Seminar in 2020.

Date	Time	Advance	Beginner & Intermediate
18.07.2020 Sat.	10:00 - 10:50 (50 min.)	Ian BARLOW Kick shock and punching pads	Eiko MASAYASU Circuit training for Karate & Kata "Heian 5"
	11:00 - 11:50 (50 min.)	Dr. Thomas Hausner Speed and fluidity in Kata & Kumite	Reuben FLORENCE Basic kata, body movements, Kumite basics
	Break		
	15:00 - 15:50 (50 min.)	Masataka OHSHTA Kumite combination & Kata "Annanko Sho"	Vasile LEURZEANU Kumite attack and counterattack techniques
	16:00 - 16:50 (50 min.)	Chris Mileham Practical Karate : Form & Function	Paul and Ramona GRUBER EMPI Waza & KERI Waza Kata
	17:00 - 17:50 (50 min.)	Thomas Geiger Kata "Papuren" & meditation and massage	Andreas JERICHA Strength & mobility

Instructors who teach for the seminar via Zoom	
Masataka OHSHTA	Soke, Technical Director, Hanshi 10th Dan (Japan)
Dr. Thomas HAUSNER	President, Kyoshi, 8th Dan (Austria)
Ian BARLOW	Kyoshi, 8th Dan (Australia)
Chris MILEHAM	8th Dan (England)
Thomas GEIGER	Shihan, 7th Dan (Germany)
Eiko MASAYASU	6th Dan JKF. Jun Shihan, Renshi, 6th Dan Kensei Kan (Japan)
Andres JERICHA	Jun Shihan, 5th Dan (Austria)
Paul GRUBER	5th Dan (Germany)
Vasile LEURZEANU	5th Dan (Rumania)
Reuben FLORENCE	5th Dan (Wales)
Ramona GRUBER	3rd Dan (Germany)