



**AUSTRALIAN FEDERATION OF TRADITIONAL KARATE**  
**2019 NATIONAL SEMINAR SERIES**

**DAY 1 SATURDAY 30 MARCH**

**PRESENTERS:** Applications from Chinto/Gankaku Kata -  
**Sensei Reece Cummings, 4<sup>th</sup> Dan**  
**Okinawan Shorin-ryu**

Applications from Wanshu/Empi Kata –  
**Sensei Ian Baddock, 3<sup>rd</sup> Dan,**  
**Chidokan Karate-do**

Transitional body movement and footwork -  
**Sensei Adam Ball, 4th Dan**  
**Okinawan Goju-ryu**

**DAY 2 SUNDAY 31 MARCH**

**PRESENTERS:** Suikendo Partner Drill for developing fast  
hands –  
**Sensei Ryan van Leent, 5th Dan**  
**Shotokan/SKIA**

Movement principles and their application to  
self-protection and Ippon Kumite -  
**Sensei Justin Colbert, 4th Dan**  
**Wado-ryu**

**WHERE: CUMMINGS KARATE DOJO**  
**3/36 SANDFORD STREET, MITCHELL, ACT 2911**

**TIME: 11.00 AM – 4.30 pm SAT & 9.00 – 12.15 pm SUN**

The venue: <http://karatecanberra.com.au/about-us/dojo-tour>

Parking directions: <http://www.karatecanberra.com.au/contact-us>

**A two-day event featuring local and interstate  
instructors who will be working through various Bunkai  
workshops featuring Self-defense applications, Throws  
and Takedowns Practical applications; and much more.**

**ALL GRADES EVENT**

13 Years +

**EVENT ADMISSION**

\$30 Members

\$40 Non-members

**GROUP RATES**

Members 10 + \$270

Non-members 10 + \$360

✓ **Group rates available  
for 10 or more**

✓ **2 Half Day Seminars  
catering for travelers**

✓ **Entry fee also includes  
lunch day 1 and morning  
and afternoon  
refreshments**

**CONTACT**

SOKE Glen Smith for further  
details

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**BOOKINGS AT:**

[https://www.trybooking.com/  
464003](https://www.trybooking.com/464003)