

14th Funakoshi Gichin Cup World Gasshuku and Exam in Ireland 【Schedule】



| Tue. 15th Aug. | | Wed. 16th Aug. | | Thu. 17th Aug. | |
|----------------|--|----------------|--|----------------|---|
| 10:00 | 1st Seminar <u>by Ogura Shihan, Imamura Shihan, Naka Shihan</u> ①Kihon : the proper use of body in basic movement ②Kata : the three elements of kata | 10:00 | 3rd Seminar (Joint seminar) <u>by Ueki Shuseki Shihan (Chief Instructor)</u> ①Kihon : the way to generate KIME, the way to correct bad movement ②Kata : the way to use supporting leg and make power by relevance of lower body and upper body | 10:00 | Dan Exam |
| 11:30 | | 11:30 | | | |
| | | | | 13:00 | Qualification Exam *Instructor *Examiner *Judge |
| 15:00 | 2nd Seminar <u>by Ogura Shihan, Imamura Shihan, Naka Shihan</u> ①Kihon kumite : TAI-SABAKI and proper use of blocking and attacking | 14:00 | 4th Seminar (Joint seminar) <u>by Oishi fuku Shuseki Shihan(vice chief Instructor)</u> ①Kihon kumite : the way for quick weight shift and prompt counter attack | | |
| 16:30 | | 15:30 | | | Exam for Special Rights |
| | | 15:30 | Judge Seminar *this "Judge Seminar" is free to attend. Please feel free to join! | | |
| | | 17:00 | | | |

*People are classified by their rank on 1st and 2nd Seminars.

Class 1: Kyu holder (not black belt)

Class 2: 1st - 3rd Dan

Class 3: 4th Dan and above

**3rd and 4th Seminar are joint seminar.