



日本空手協会 (ダーダル)

Nihon Karate Kyokai (Dadar)

2010 JKA Dadar Joint Winter Training Camp Schedule

Friday, 17th December, 2010	
8:30-9:30	Application Forms accepted
9:45	Opening Ceremony
10:00-12:00	1 st Session - Kihon & Kumite
12:00-14:00	Lunch Break
14:00-16:00	2 nd Session - Heian Kata

Saturday, 18th December, 2010	
9:00 -9:45	Application Forms Accepted
10:00-12:00	3 rd Session - Katas Tekki Shodan, Bassai Dai & Jion
12:00-14:00	Lunch Break
14:00-16:00	4 th Session - Kata Goju Shi ho Sho

Sunday, 19th December, 2010	
8:30 - 9:45	Application Forms accepted
10:00-12:00	5 th Session Tokui Kata for Brown & Black Belt Examinees if other than those taught earlier.
12:00-14:00	Lunch Break
14:00-16:00	6 th Session - Kyu & Dan Test

Camp Highlights

1. Application of Kata for Brown Belt, Shodan & Nidan
2. Gohon-Kumite, Kihon-Ippon-Kumite, Jiyu-Ippon-Kumite
3. Kata for the Camp : Goju Shi ho Sho

Main Instructor for Camp	Sensei Anand Ratna	6th Dan JKA
Instructors	Sensei Prakash Sorap	4th Dan JKA
	Sensei Anthony Carneiro	4th Dan JKA
	Sensei Manish Jadli	4th Dan JKA