



Inoue Sensei & Okabayashi Shihan



Okabayashi Shihan

TRAINING SCHEDULE: BLOCK A - ALL LEVELS

Friday June 23

(13:30-16:00) Members only

Nunchaku: How to use, renshu sho, 12 basic kumite

Saturday June 24

(09:00-11:00) OPEN TRAINING 1: Bo; all styles welcome

Bo: How to use, 10 basic kumite, shuji no sho

(14:00-16:30) Members only

Tonfa: How to use, Hamahiga, Hamahiga (explanation of its meaning & kumite)

Tonfa: Basic renzoku kumite

Bo: 15 basic kumite

Sunday June 25

(09:00-11:00) OPEN TRAINING 2: Sai; all styles welcome

Sai: How to use, 9 basic kumite, Tsukenshitahaku

(13:30-16:00) Members only

Bo: Shuji no dai, Shuji comprehensive bunkai kumite

Sai: Basic renzoku kumite, Tsukenshitahaku (explanation of its meaning & kumite)

TRAINING SCHEDULE: BLOCK B - SHODAN AND ABOVE

Tuesday June 27

(09:00-11:00) Members only

Nunchaku: Comprehensive bunkai kumite

Sai: Hamahiga, Comprehensive bunkai kumite

(13:00-15:30) Members only

Sai: Chatanyara, Chatanyara (explanation of its meaning & kumite)

Tekko: How to use, Maezato, 10 basic kumite

Wednesday June 28

(09:00-11:00) Members only

Tekko: Basic renzoku kumite

Tekko: Maezato bunkai kumite

(13:00-15:30) Members only

Sai: Tawata, Comprehensive bunkai kumite

Bo: Sakugawa comprehensive bunkai kumite



Inoue Sensei & Okabayashi Shihan



Okabayashi Shihan

SENSEI OKABAYASHI

Bio: Shihan, 7e dan
Professional karate and kobujutsu instructor
Member of the Ryukyu Kokujutsu Hozon Shinko Kai

Training Location:

Block A: Gymnasium at Glendon Campus, Proctor Field House,
2275 Bayview Ave, North York, ON M4N 1J8

Block B: Higashi school of karate,
89 Curlew Drive, Toronto, 416-444-5310

Suggested Accommodation:

- Toronto Don Valley Hotel and Suites, 175 Wynford Drive, Toronto, Ontario M3C 1J3
 - Residence at Glendon Campus, 2275 Bayview Ave, North York, ON M4N 1J8
(35\$ + tax per person per night, walking distance to the Gymnasium).
Please complete and send the form Glendon Residence request before June 5th.
 - The Westin Prince, 900 York Mills Rd, North York, ON M3B 3H2
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Cost:

Block A: \$60 for individual session, \$200 for all sessions in the block
Block B: \$60 for individual session, \$200 for all sessions in the block

Contact:

For further information please contact the President, Sensei Noël Blais at
sportspourtous@hotmail.com

Members refer to the members of the Canadian Ryukyu Kobudo Kobujutsu Association and the Ryukyu Kobujutsu Hozon Shinkokai.

- **Participants must bring their own weapons.**
- **Videotaping is not allowed**