



TRADITIONAL
OKINAWAN
KOBUDO SEMINAR

Sunday May 7, 2017

LOCATION: House of the Samurai: 28 Buttrick Road, Londonderry, NH

INSTRUCTORS: Hanshi C. Bruce Heilman, 10th Dan, Hanshi Ann-Marie Heilman, 9th Dan

BEGINNER SESSION 10:00 am - 12:00 pm Bo & Nunchaku: \$40

Focus here will be on weapon basics, kata and applications.

ADVANCED SESSION 12:30 - 3:00 pm Bo, Tunfa, Nunchaku, Sai, Kama, Tekkos and Eiku:

These sessions will focus on IKKF curriculum material. Weapons worked depending upon composition of participants and experience level. (\$60, covers both sessions)

Participants should hold a Karate rank of Green Belt or above and be at least 10 years old. No previous Kobudo experience is necessary for participation in the first (BEGINNER) session.

SHIDOKAN USA will again host a special Okinawan Kobudo Seminar with Hanshi C. Bruce and Ann-Marie Heilman. The Heilmans were senior students of the late Hanshi Seikichi Odo of Okinawa, Japan. The Seminar will focus on Odo-lineage Kobudo covering an introduction to history, basics and application for the bo, sai, tunfa, nunchaku and kama.

The Odo Kobudo Lineage includes a total of 12 weapons and over 33 weapons katas, two-person forms and also teaches weapons kumite (sparring).