



# Seito Shito Ryu Karate-do Workshop

Sunday, July 31<sup>st</sup>, 2011

Vancouver Marriott Airport Hotel

7571 Westminster Highway,  
Richmond, BC

## Session One 0900-1030 hr

*The Principles of Shito Ryu Karate* by Nobuyasu Kitano Hanshi 8<sup>th</sup> Dan

- Chairman of Nippon Karatedo Kai
- Technical Advisor for Nippon Karatedo Kai

with Tadasuke Matsuda Shihan and Takaya Tashiro Shihan



## Session Two 1030-1200 hr

*Kumite Kata of Shito Ryu* by Gary McGuinness Hanshi 8<sup>th</sup> Dan

- From Groton, MA, USA
- Technical Director for the Shito Ryu United States Karatedo Kai



## Session Three 1300-1430 hr

*Finer Points for Performing Kata* by Hashem Mehdizadeh 7<sup>th</sup> Dan

- From Toronto, ON, Canada
- Gold Medalist at the 1<sup>st</sup> Shito Ryu Taikai -1997 USA



**Cost:** \$30 for Seito Shito Ryu Members for all three sessions

\$50 for Non-Seito Shito Ryu Members for all three sessions

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