

Traditional Karate Training Weekend

Kumite Shiai and Kata Seminar Featuring

Dr. Clay Morton



4x USANKF National Champion
2006 SKIF Kata World Champion
2003 Pan American Games Silver Medalist

March 6 & 7, 2010
Bushi Karate Dojo
4304 Bethlehem Pike
Telford, PA 18969

For information contact Sensei Adam Older at
sensei_older@yahoo.com or (215) 565-6827



Information Sheet

What: Training weekend for traditional and sport karate practitioners featuring classes by World Shotokan Champion Clay Morton and a kumite shiai featuring several past and present national champions.

When: March 6 and 7, 2010

Where: Bushi Karate Dojo – 4304 Bethlehem Pk. Telford, PA 18969

Hotel Accomodations: Comfort Inn – Montgomeryville, PA (215) 361-3600
Mention “Karate Training Weekend” - \$89/night until 2/10/10

Schedule of Events

Saturday March 6, 2010 - \$20/session or \$50 for the day

Session 1 – 12:00pm: Age 13 and under – kihon, kata, making kata training fun

Session 2 – 1:10pm: Advanced kihon training

Session 3 – 2:20pm: Shodan-level kata training

Session 4 – 3:30pm: Advanced kata training

Session 5 – 4:40pm: Competition-level kata training

All sessions are 60min in length with a 10min break between sessions

Sunday March 7, 2010 - \$50 for the day

10:00am-12:30pm:

Competition Kata Training - Kata Timing, Kata selection strategy, bracket reading, performance presentation, how and when to warm up properly

12:30-1:00pm: Lunch

1:00pm-4:00pm – Kumite Shiai (modified WKF rules)

*Note – During the shiai Sensei Morton will be holding private lessons in our auxiliary training area. The cost of these sessions is \$100/hr. and there may be up to 4 people at each session. Contact Sensei Older for reservations.

-What is a Shiai: A shiai is a training event that pre-dates the modern tournament. Students from different dojos compete against one another for the purpose of learning from their mistakes. Matches are held, points are scored, and winners are declared as in a tournament. However after a match each competitor may continue to fight regardless of the outcome. Athletes may compete against people of all ages and ranks to test themselves against a wide range of opponents. Children may fight adults; beginners may fight intermediate and advanced belts. In a typical tournament a competitor may fight 3 or 4 times if they win all of their matches; in a shiai they may fight 10 or more times regardless of whether they win or lose.

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