



School for martial arts, health and being in movement Erlangen-Buckenhof

# KI-SHIN-TAI DOJO

Aikido - Okinawa Karate Do - Ryukyu Kobudo - Iai Jutsu - Budo for Kids

## 琉球古武道信武館

ドイツ エアランゲン 同好会

(Ryukyu Kobudo Shinbukan - Germany Erlangen Dokokai)

**Seminar February 17<sup>th</sup> – 19<sup>th</sup>, 2012**

### ***Ryukyu Kobudo***



## **DELL HAMBY**

**5<sup>th</sup> Dan Kobudo, Shihan**

(Ryukyu Kobudo Shinbukan)

**5<sup>th</sup> Dan Karate-Do, Shihan**

(Okinawa Karatedo Kyokai)

Dear Karateka and Kobudoka,

we are glad to welcome Sensei Dell Hamby from Basel in Erlangen for the sixth time.

Dell Hamby began training Shotokan in 1988 in Switzerland and received 3<sup>rd</sup> Dan in 1995. His interests in the origins of karate led him to Okinawa for the first time in 1996 where he began training Uechi Ryu / Shohei Ryu karate under Sensei Shigeru Takamiyagi (now 10<sup>th</sup> Dan). Since then Dell Hamby visited Okinawa every year for several weeks. There he began training kobudo in 1999 under Sensei Shigeo Izumi and later under Kaicho Hiroshi Akamine. Dell Hamby took all examinations directly with his teachers in Okinawa. Meanwhile he holds a 5<sup>th</sup> Dan Shihan (master instructor) both in Uechi Ryu / Shohei Ryu Karate and in Ryukyu Kobudo. His seminars are characterized by a clear, powerful execution of technics and a stirring, motivating teaching.

The seminar is open to everybody regardless of style or rank.

#### **ORGANIZER / PLACE / ACCOMODATION:**

**KI-SHIN-TAI DOJO**, Thomas Podzelný, +49-9131-55117 (home), +49-177-7755117 (mobile), info@ki-shin-tai.de

#### **Attention! Two different locations!**

arrival friday, seminar friday afternoon, overnight accomodation fri/sat:

DOJO 1: **Ki-Shin-Tai Dojo, Am Schwabachgrund 22, 91054 Buckenhof (close to Erlangen)**

seminar from saturday morning and overnight accomodation sat/sun:

DOJO 2: **Aikido-Dojo of TB Erlangen, Helene-Richter-Str. 1, 91054 Erlangen**

(for directions please have a look at maps.google.com, nearest airport is Nuremberg, *please contact us for airport transfer*)

Free overnight accomodation with sleepingbag in the dojo is possible. **Participants may arrive thursday and depart monday.** Please bring your own Kobudo weapons.

#### **SEMINAR FEE / REGISTRATION:**

**The entire seminar fee is 45,00 € (students 35,00 €), half day 20,00 € (15,00 €), payable on the spot. Please register by email before February 1<sup>st</sup> to make planning easier for us.**

#### **FOOD:**

Collective breakfast and lunch in the dojo. Meals (breakfast, lunch) and alcoholfree beverages in the dojo during the seminar are included in the seminar fee. Saturday evening at 20:00 will be a party with all-you-can-eat buffet at a Chinese restaurant (5 min walk). The costs for the party are 11,90 € per person plus drinks. **If you prefer vegeterian/vegan food please notify us with your registration!**

#### **SEMINAR CONTENTS:**

You will see an introduction into the handling of Bo and Sai, preliminary warmup exercises (*junbi undo*), basic technical exercises (*13 Bo Kihon, Sai Kihon*), the first Bo kata *Shushi-no-kon-sho*, the first Sai kata *Chikin-shitahaku-no-sai* as well as partner exercises with Bo and Sai (*Bo-tai-Bo, Bo-tai-Sai*) from the Ryukyu Kobudo Shinbukan syllabus. No previous knowledge will be required. For advanced participants we will work through the grading system from 1<sup>st</sup> Kyu to 3<sup>rd</sup> Dan.

The seminar will be ordered methodically. For kobudo beginners and participants who are not well known with the Ryukyu Kobudo Shinbukan syllabus we recommend to attend classes from saturday morning on. Advanced students as well as beginners may participate in the seminar. The group will be split and taught separately if necessary.

**It will be possible to take an examination for Kyu or Dan rank. Therefor a pre-registration (please ask for the registration form) and payment of the examination fee is required. The successful testing will be registered at the Ryukyu Kobudo Shinbukan Honbu Dojo in Okinawa and certified with a diploma.**

## **SCHEDULE:**

### **Friday 17<sup>th</sup> (DOJO 1)**

arrival

15:00 - 20:00 program 1<sup>st</sup>-3<sup>rd</sup> Dan (for participants 1<sup>st</sup> Kyu and above)

20:15 - welcome party in the dojo

### **Saturday 18<sup>th</sup> (DOJO 2)**

collective breakfast in the dojo

09:00 - 11:30 Bo *Kihon*, Bo Kata *Shushi-no-kon-sho*

12:00 - 13:00 program 1<sup>st</sup> Kyu (for examinees and interested participants)

collective lunch in the dojo

15:30 - 17:00 Sai *Kihon*, Sai Kata *Chikin-shitahaku-no-sai*

17:30 - 19:00 partner exercises *Bo-tai-Bo*

from 20:00 Party (Chinese restaurant "Kirin")

### **Sunday 19<sup>th</sup> (DOJO 2)**

collective breakfast in the dojo

09:00 - 10:30 Bo *Kihon*, Kata

11:00 - 12:30 partner exercises *Bo-tai-Sai*

collective lunch in the dojo

14:00 promotion tests Kyu and Dan

The team from the Ki-Shin-Tai Dojo is looking forward to an intensive, exciting and instructive seminar together with you.

## **WWW LINKS:**

[www.ki-shin-tai.de](http://www.ki-shin-tai.de) (Homepage Ki-Shin-Tai Dojo)

[www.ryukyu-kobudo.ch](http://www.ryukyu-kobudo.ch) (Homepage Sensei Dell Hamby)

[www.ryukyu-kobudo.com](http://www.ryukyu-kobudo.com) (Homepage Ryukyu Shinbukan)

## **NEXT SEMINARS:**

January 13<sup>th</sup> - 15<sup>th</sup> 2012 Karate & Kobudo New Year's seminar 'Shinnenkai' and celebration of 20year's karate anniversary with **THOMAS POZELNY** and **MICHAEL POPHAL** in Erlangen

planned: November 23<sup>th</sup>-25<sup>th</sup> 2012 Karate seminar with **GUSTAVO GONDRA** (Argentina) 8<sup>th</sup> Dan Uechi Ryu in Erlangen

(more details under [www.ki-shin-tai.de/aktuelles/lehrgaenge/](http://www.ki-shin-tai.de/aktuelles/lehrgaenge/) )