



# INVITATION TO THE 25<sup>TH</sup> ANNIVERSARY OF OUR SHOTOKAI DOJOS

Date: Saturday, September 30, 2017

Venue : Dornaper Str. 16 - 18, Building no. 9  
42327 Wuppertal

For more than 50 years, Shotokai karate has been practised in Solingen. In 1992 the Karate group moved to the dojo where they still train today. In the same year, the Shotokai Dojo was founded in Wuppertal.

25 years later we would like to celebrate these anniversaries together with our friends. Therefore, we invite you to the joint anniversaries of the Shotokai groups based in Solingen and Wuppertal. Not only the active members of our dojos, but also former practitioners and friends are of course welcome!

There will be training sessions on various topics: Shotokai Karate, Tai Ji, Yoga, Bo Karate, as well as others. Keikos will be held by instructors from both our dojos as well as by guest instructors. Everybody is welcome to join in – just choose any of the individual training units you would like to take part in.

During the day as well as in the evening we will of course have time to meet and talk. There will be plenty to eat and drink.

You will find the detailed programme on the following page.

Karate-Dojo Wuppertal e. V. and  
Dojo Hermann Daun in Solingen



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## PROGRAMME

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9 am	Joint Breakfast	
10 am	Taiso (Thomas)	
11 am	N.N.	Changquan 1 (Hermann)
12 am	Heian Katas (Thomas)	Changquan 2 (Hermann)
1 pm	Lunch Break	
2 pm	Kids Group (Sonja + Ralf)	Kanku Dai (Thomas)
3 pm	Kumite (Marion + Danny)	Nijushiho (Stefan)
4 pm	Bunkai (Oliver)	Bo-Kata (Hermann)
5 pm	Midare (Hermann + Stefan)	
6 pm	Sticky Hands or 8 Brocades (Hermann)	
7 pm	Yoga (Rainer)	
8 pm	Dinner and Party	

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場

We will train indoors on the tatami or, if the weather is fine, outdoors. Since the dojo is quite large, we will have two keikos taking place at the same time.

There will be a short break between the individual units.

