

Avi Rokah Seminar ~ "The Tradition Continues"

SENSEI AVI ROKAH 6th DAN - Seminar

Location:

The Club at Chesterfield
16625 Swingley Ridge Road
Chesterfield, MO 63017
Phone: (636) 493-0286

Seminar Schedule

Saturday, September 12, 2009

10 am-12:00pm (Adults & Youth)

12:00pm-12:50pm (Lunch)

1 pm- 3:00pm (Advanced Youth & Adults)

3:00pm - 5:00pm (MKA Gradings)

Note: All students grading must participate in Seminar

Sunday, September 13, 2009

9:00am-10:00am (Adults & Youth)

10 am- 11:00am (Advanced Youth & Adults)

Seminar Tuition: 60/Student

Accommodations:

The Doubletree Hotel is attached to the Club at Chesterfield and is offering Seminar rates of \$79/night.

Doubletree Reservations:

(636) 532-5000

Links:

Sensei Avi's Dojo Website

www.truebudokarate.com/

Sensei Avi's Articles:

www.mokarate.com/links.htm

Date: Saturday September 12th & Sunday September 13th

Topics: Maximizing impact in karate technique, how to tune to your opponent and control the rhythm and distance using footwork and breath, and strategies of how to create a chance, and oji waza, how to always be ahead of your opponent's attack!



- Sensei Avi Rokah – 6th Dan is a Kumite World Champion and six time US National Kumite Champion.
- A top student of the world's greatest Karate authority, Master Hidetaka Nishiyama. Over 30 years direct training.
- Sensei Rokah is a regular contributor to Shotokan Magazine. With articles on Breathing, Timing in Kumite and The importance of Kata.
- Considered to be one of the Greatest Karate Instructors of our time. We have never seen anyone with such amazing Timing, Speed, & Power.

Youth Students

Sensei Avi Rokah specializes in teaching children of all ages. This seminar will help you improve technique, remove bad habits, and greatly enhance your Kumite and Kata as well as overall Confidence



Missouri Karate Association

We have visited Sensei Avi many times at his Dojo in Los Angeles. We have even had the great opportunity to train at Sensei Nishiyama's dojo along side Sensei Avi. Each time my Brothers and I get to train with Sensei Avi our Karate improves dramatically. We leave feeling connected, refreshed and enlightened. Sensei Avi's focus on proper breathing and efficient movement ensures that you are using your body to the utmost of its capabilities. We are very grateful to have Sensei Avi visit us in St. Louis and are happy to invite our friends in Karate to train with us under this fantastic instructor.

Sincerely,
Barry Power – MKA Chief Instructor – MKA@mokarate.com – 636-493-0286



Missouri Karate Association

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Seminar Registration Form

Date: September 12-13, 2009
Location: The Club at Chesterfield
16625 Swingley Ridge Road
Chesterfield, MO 63017
Phone: (636) 532-5000

****Please make checks payable to:** MKA
968 Lafayette Landing Court
St. Charles, MO 63303

Seminar Tuition: \$60

Name _____
Address _____
City _____ State _____ Zip _____
Phone (day) _____ E-mail _____
Karate Club _____ Current Rank _____

I, the undersigned, wish to participate in the Missouri Karate Association martial arts seminar hosted at the Club at Chesterfield. In consideration of this participation, I understand and agree to the following provisions:

1. This activity that I desire to participate in could lead to my injury, disability or death. This could result from the normal performance of the activity, my own action, the action of other practitioners, or conditions of the activity.
2. The activity is to be performed within the rules, and any intentional act to injure another practitioner or spectator is not condoned, encouraged or permitted by the Missouri Karate Association.
3. If I see unsafe conditions concerning the floor or equipment, I will immediately report it to the management.
4. Pictures taken at class or seminars can be used for school marketing.

I understand and accept the above provisions and agree on behalf of myself, my family, estate and heirs to release, waive and hold harmless the Missouri Karate Association, its successors and assigns or affiliates, other participants, directors, managers, or instructors from any and all legal claims or liability relating to personal injury or death to me or my property as a result of my participation in the activities associated with this program.

I, undersigned, have read and agree to the above provisions as a condition of my participation.

Signature Date

Parent/Guardian if participant is under 18 years of age.

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