



KASE HA FINLAND WINTER SEMINAR ON ZOOM 12.2.-14.2.2021

Winter Seminar

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The Kase Ha Finland Winter Seminar will be organized on Zoom streams due to current Covid-19 situation. Streams will be held by Shihan Dirk Heene 9.dan, sensei Livia Castro 6. dan and Finnish senseis.

Zoom ID for sensei Livia Castro:
ID: 872 1837 9003
PW: 686463

For other training sessions:
Zoom ID: 975 666 0803
PW: y17msz

Open to all. Welcome everybody!
All times in Finnish time

PROGRAM FRIDAY 12.2.

At 19:30–20:15 (UTC+2) sensei Toni, Kihon waza
At 20:15–21:00 (UTC+2) sensei Jape, Hente waza

SATURDAY 13.2.

At 09:30–11:00 (UTC+2) sensei Castro, Stretching and strength exercises for geri waza in kihon, kumite and kata.

At 11:15–12:15 (UTC+2) sensei Rami, Heian Shodan Henka Tekki

At 15:00–16:00 (UTC+2) Shihan Heene, Shiho uke, closed hands

SUNDAY 14.2.

At 11:00–12:15 (UTC+2) Shihan Heene, shiho uke, open hands

You can support this winter seminar with a voluntary amount at account number
IBAN: FI30 5290 0220 2093 30
BIC: OKOYFIHH
With a message "Winter 2021" on the transfer.

