



International Traditional

Karate - Seminar

22.2 - 24.2.2019

in Vilshofen

with Sensei Avi Rokah

7.Dan

Kumite Worldchampion (Team 1994)

5 x US – National-Champion

Introduction:

Sensei Avi Rokah was born in Tel Aviv/Israel and emigrated after he had finished the military service, in the age of 21 years to the USA to study Traditional Karate under the supervision of

Master Hidetaka Nishiyama 10. Dan.

Now he has been training the long period of 27 years with Sensei Nishiyama day by day in the „National Karate Institute“ and he became Sensei`s best student. Avi Rokah is a 7th Dan in Traditional Karate. He has won in the last years the National Championships of the USA five times (1990, 91, 92, 94, 01) and was leading the USA-Team as its captain at the World-Championship 1994 in Italy almost in solo attempt to the title. Also he won the *ITKF* Pre-World-Cup in San Diego/USA in 2001.

Sensei Rokah is well known as one of the greatest Karateexperts of the world. In his hometown Los Angeles he leads the „Traditional Karate Academy“ as its chief-instructor and he teaches Karateseminars and Trainingscamps all over the world.

His ability to bring the knowledge of biomechanics, body function and the karate technique together and the way he teaches these points in a clear way are outstanding. He inspires not only by his technical efficiency and by his knowledge about history, philosophy and theory of Traditional Karate, but also buy his open and friendly personality.

Place: Sportshall Asamstr. 30; 94474 Vilshofen a. d. Donau
(Bavaria/Germany)

Presented by: Turngemeinde Vilshofen 1876 e.V. / Karate

Attention: You are invited to join every offered class!!

Basics and Kumite tactics, Introduction to the handling of mitts.

Please bring your own mitts as far as available!!!

Sensei Rokah will show us how to do **Kata Bassai Dai and Jion**
as he learned it by **Sensei Nishiyama.**

Schedule:

Friday, 22. February 2019

18.00 - 20.00 all ranks together

Saturday, 23. February 2019

09.00 – 12.00 all ranks together

15.00 – 18.00 all ranks together

Sunday, 24. February 2019

09.00 – 12.00 all ranks together

Tuition:

Komplett Seminar:

Adults:	50 €
1 Day	35 €
Kids and Kadetts (up to 16 years):	30 €
1 Day	15 €

Registration: All payments should be done cash before training session starts. Please use the attached list on the end of the invitation!!

Participation requirements:

- The seminar is open **for all Ranks**.
- All participants must have valid International Insurance
- In case of injury the organisers don't take any responsibility.

Information:

Josef Lechl

Krautpoint 17

D-94544 Hofkirchen

Phone: 0049-8545-1437

Handy: 0049-171-62 333 13

E-mail: josef.lechl@t-online.de



Homepage:

www.karate-vilshofen.de

Board and Accomodation:

Attention!! Please make all your reservations by yourself timely in advance !!!

- Information

* Touristinformation City of Vilshofen a.d. Donau

Stadtplatz 27

94474 Vilshofen a.d. Donau

Phone: +498541/208-112

Fax: +49208-190

<http://www.vilshofen.de>

mailto: tourismus@vilshofen.de

- On the web page www.vilshofen.de click on the button Tourismus and then click on "Gastgeberverzeichnis".

Here you get a complete oversight of hotels

with prices and contact adresses in Vilshofen or other Villages or Towns near by the City Vilshofen. Click on the English Button to change in english.

- **Accommodation is not possible in the sports hall**

Registration Form

Club/Country:_____

Side:_____

Registration Form send to Mr. Josef Lechl Fax: 0049(0)8545-1270 e-mail: josef.lechl@t-online.de

Nr.	Family Name	First Name	Amount	Unterschrift
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