

Bushi Shugyo 2018

The 2018 Koei-Kan Karate-Do
Bushi Shugyo - Austerity Training Seminar

Getting Stronger Aug 10-11-12

Koei-Kan Practitioners Focused on the Path to Enlightenment

Friday Night – 5:00 p.m. Opening Ceremonies – Path to Wisdom

*Saturday – 9:00 Warrior Challenge 9:00 a.m. Martial-Yoga Stretching
10:00 Kyoku Ho / Esoteric Breathing Methods
11:00 Core training and strengthening
12:00 Lunch break
1:00 Seme- attack training & strategies
2:00 Tenshin- dodging and positioning the fight
3:00 Ashi – Leg work for Kicking and Power /Nage
4:00 Zen – meditation & preparing the mind for healing
5:00 Closing – Q & A
5:30 Dinner & celebration*

*Sunday – 8:30 Breakfast
9:00 Wall fighting – Kabe-Kumite (developing an Iron will)
10:00 Kenjitsu – Peter Komarek – the Japanese Sword
11:00 Tanto-Knife defense – Gyaku-te
12:00 Lunch break
1:00 Hiza / Hiji-ate ~ Using the Knees and Elbow's for battle
2:00 ~ 4:00 Ocean Beach training for austerity
5:00 Closing Ceremony & Dinner Celebration*

*“The Spiritual Shield to Victory” Is
A galvanized mind-set against fear ~and
Treating the Enemy as no more than a Handful of Dust’*

AWAKEN The Samurai within!!!

Bushi Shugyo Event Fee **\$295.00** includes all clinics & meals
Secure Reservations deposit ~\$150. 00 NOW and Balance by July 1
Call 805-895 9530 or SLO 805-543-7222

Prepare your Spirit and Spartan Mind

Lodging free @ Dojo or Hotel option NOTE: Bring athletic shoes/ extra
Keikogi / & Maximum **Courage**

Hosted by Shihan Rhodes and Shihan Ogden

Presented by Shihan Sabat