

RYU SHOTOKAN KARATE *presents*

KATA CHAMPIONS INTERNATIONAL SEMINAR

Luca Valdesi
Jon Mottram
Aimee Sell



23rd & 24th September 2017
Rugeley Leisure Centre





Luca Valdesi

Luca Valdesi is a living legend in karate. Hailing from Italy the 6 time World Champion and 22 time European Champion is now an integral part of the EKF and WKF sitting on the EKF technical commission and the WKF rules commission. This is his 4th seminar with Ryu Shotokan.



Jon Mottram

18 individual English kata gold. But with team kata and kumite it makes 35 English gold titles. 13 individual British gold in kata. Only person from England to ever to achieve senior European medal, 2 senior European bronze, junior European silver and bronze. 3x 5th place at World Championships and 3x Commonwealth Kata Champion over 50 international medals. Jon is Englands head kata coach.



Aimee Sell

Aimee is 14 times English National Champion and 8 Times British Champion. She has won 2 European Bronze medals, 3 European Silver medals and is a World Bronze Medallist and medal led in every age category from cadet through to U21 on the European Stage. Aimee was appointed England U21 and National Youth coach in 2016.

Whats on?

DAY 1

TIME	SENSEI	KATA	LEVEL
9.30am - 11am	VALDESI	GOJUSHIHO SHO	HIGHER GRADE
9.30am - 11am	MOTTRAM & SELL	KIHON	LOWER GRADE
11.15am - 12.45pm	MOTTRAM & SELL	TOMARI BASSAI	HIGHER GRADE
1.30pm - 2.30pm	VALDESI	ENPI	HIGHER GRADE
2.45pm - 4pm	MOTTRAM & SELL	PAIKU	HIGHER GRADE
4.30pm - 6pm	VALDESI, MOTTRAM & SELL	GANKAKU	HIGHER GRADE

DAY 2

TIME	SENSEI	KATA	LEVEL
9am - 10.30am	VALDESI	GOJUSHIHO DAI	HIGHER GRADE
10.45am - 12.15pm	SELL	ANAN DAI	HIGHER GRADE
10.45am - 12.15pm	VALDESI & MOTTRAM	KIHON	LOWER GRADE
1pm - 2.30pm	MOTTRAM	UNSU	HIGHER GRADE
3pm - 4.30pm	VALDESI, MOTTRAM & SELL	KATA CHAMPIONS CLASS	EVERYONE

How to book,

To secure your place on the seminar please email Sensei Mike Carr on ryushotokankarate@hotmail.com. To secure your place payment must be made at time of booking. Payments can be made via PayPal or bank transfer. Details will be provided at time of booking.

Please note lower grades can join in the full two days training, the groups have been created to give understanding of difficulty level.

Costs,

1 Day - £60

2 Days - £100

Lower Grade Classes:

1 Day - £20

2 Days - £30

How to find us,

Rugeley Leisure Centre
Burnthill Lane
Rugeley
WS15 2HY

T: 01889 586260



Contact us:



www.ryukarate.co.uk



ryushotokankarate@hotmail.com



07736 326 876

Find us on:



RYU SHOTOKAN