

# European Matsubayashi-ryu Taikai, Friday 31st May to Sunday 2nd June

## Friday evening (8pm - 9:30pm) - Welcome Workout

This session will be led by Sally Woolston, Sensei (4th Dan) and everyone is welcome. She will look to cover a class including Junbi Undo (warm-up), Kihon Dousa (basic techniques), Kata and Yakusoku Kumite, so come along and get ready for the weekend!!

## Saturday (9:30am - 4:30pm) - Super Saturday!

The full line-up of Matsubayashi-ryu (WMKA) Dojo Owners taking us through the following is now all confirmed, and it looks spectacular!

Steve Woolston, Sensei (5th Dan, England)  
Introductions & warm-up: 09:30 - 10:00

Ole-Bjørn Tuftedal, Kyoshi (7th Dan, Norway)  
Review of basic techniques: 10:00 - 11:00

Guido Engels, Sensei (4th Dan, Germany)  
Kumite from Kata / The 8 Directions of Defence: 11:00 - 11:45

Jon Hålien, Sensei (4th Dan, Norway)  
Basic Techniques with Hip / Release Techniques: 11:45 - 12:30

## Lunch (provided): 12:30 - 13:30

Martin O'Malley, Sensei (4th Dan, Ireland)  
Miyagi Passai: 13:30 - 14:15

Richard Camani, Kyoshi (7th Dan, Spain)  
Relaxation, Hara, Budo / Karate-do as viewed by O'Sensei: 14:15 - 15:15

Helmut Steeg, Sensei (4th Dan, Germany)  
Renzoku Kumite Variation: 15:15 - 16:00

Wrap-up, questions, photos, overrun! etc.: 16:00 - 16:30

## Saturday Evening (7:30pm - 12am) - Friendship Dinner

We will enjoy a buffet-style meal at The Hydro Hotel with some entertainment (thanks Simon 😊) and other fun and games.

## Sunday (10am - 12pm) - Farewell Workout

Final training session of the weekend, covering Bo techniques and kata.