



## Sensei Shojiro Sugiyama

Shuseki Shihan & Founder of Kitoh Shotokan

### *Kihon & Kumite Clinic*

with

Dr. George Schlauder

Jiseki Shihan

## June 26-28, 2009

### *Tentative Schedule*

Friday	(June 26)	7:15pm - 9:15pm	Schlauder Shihan	Kitoh Shotokan Kihon
Saturday	(June 27)	12:00pm - 2:00pm	Sugiyama Sensei	Timing in Kitoh Shotokan
		3:00pm - 5:00pm	Sugiyama Sensei	Speed in Kitoh Shotokan
Sunday	(June 28)	9:00am - 10:00am	Schlauder Shihan	Body Dynamics/Awareness
		10:00am - 11:30pm	Sugiyama Sensei	Moto-dachi Training
		11:30am - 12:00pm	Shiai	

### Cost

\$50 for entire Clinic

\$25 for Students from JKA

Chicago & Affiliated Clubs

*Please join us for this special opportunity to train under Sugiyama Sensei, who has promoted the foundations of traditional karate through the development of a unique approach to instruction that is based upon 11 innovative principles of Karate. The focus of this year's clinic will be the understanding of timing and generation of speed. The topics will be relevant to levels of students of all levels. In addition, Dr. Schlauder will cover the foundations of proper body dynamics and body awareness required for efficient body movement.*

Contact George Schlauder (847) 334-1511 or Michael Arab (773) 472-2244 for additional info.

Accommodations are available at JKA-Chicago for a limited number of individuals. Please contact Michael Arab at (773) 472-2244 if you are interested.

For directions visit [www.jkachicago.com](http://www.jkachicago.com)