

A Masterclass in

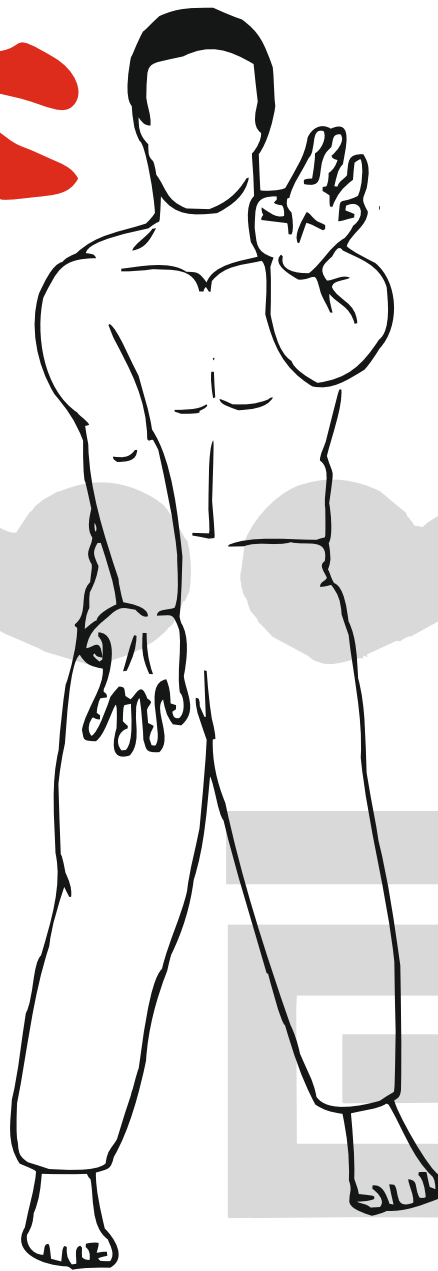
Sanchin & Tensho

Kokyu & Kiko Undo in Goju-ryu

By:

Sensei Sydney Leijenhorst
5th Dan

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Three Sources, One Power

The Essences of Body, Breath & Mind in Okinawa goju-ryu karate-do

June 6 & 7 2015

10.00 - 16.00 hour

Brown & Black Belts Only

Full participation only

COSTS

IOGKF-NL members: € 90

IOGKF-members: € 100

Non-IOGKF members: € 140

Lunches + Course materials included

LOCATION

KenKon,

Integral Life & Training Centre

Nieuwe Kanaal 11

6709 PA Wageningen

Netherlands

SUBSCRIPTION & INFORMATION

info@iogkf.nl

0317-452946



IOGKF Nederland

Sanchin & Tensho

Many masters have made bold statements about the depth and importance of these two *kata*. It is said they are the foundation and contain the secrets of the whole system.

For several decades I have tried to gain a deeper understanding of the truth behind such statements. An understanding that grew and ripened slowly. First of course through the dedicated practice of *sanchin* & *tensho*, secondly also through exploring similar practices from other fighting-, healing- and meditative arts. In particular the study and practice of *qigong*, *Zen* and Tibetan Buddhist yoga & meditation. In addition my study in physiotherapy may have helped me here and there. In all this, I have always been interested in where all these traditions were transmitting either the same insights and experiences or where they could elucidate and support each other in achieving their goals.

In this seminar I want to share the results of my practice and research in an intensive 'master class'. For people who aspire mastery in these practices. I look forward to it and aim to offer more depth, clarity and (integral) overview than I have done so far.

Topics that will be covered range from the key-points of form and their benefits, abdominal breathing & breath power, *chinkuchi kakin* patterns, applications in self-defense, building & circulating *ki* (breath), *seishin tanren*, *kiko undo*, meditative aspects and many more.

To ensure depth and intensity I choosed to open it for brown and black belts only and full participation only.

Subscription.

info@iogkf.nl; +31 - (0)344-627382; Prof. P.H. Buismanlaan 25
4007 WB TIEL

Costs

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Non-IOGKF members: € 140; Lunches course materials included.

Payment

IBAN NL63INGB0007738419
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Various.

Minimum age: 18 ; Minimum grade: 3rd kyu
Maximum number of participants: 42; Full participation only.

Styles: open to black belts of other karate-styles. Some pre-study is advised.

It is possible to join the ongoing Friday night session before the seminar for free donation. Sleeping in the dojo is possible for € 10 per night.

On Saturday evening we can organize a chill-out get together at KenKon with a campfire, movie, food, lecture or whatever feels appropriate.



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