

INTERNATIONAL SAN TEN KARATE ASSOCIATION

WINTER KARATE SEMINAR

YOUTH SESSION 11:30AM - 1:00PM \$30
 GENERAL SESSION 1:30PM - 5:30PM \$60
 AT DOJO USA, 548 SAN MATEO AVE., SAN BRUNO, CA 94066

SAT. MARCH 14TH, 2020
 WWW.SANTENKARATE.COM

EXPLORE ADVANCED KARATE CONCEPTS

Explore concepts to help you improve your concentration of power and body dynamics based on basic principles.

Improve your underlying principles of karate, focusing on the correlation between mind, body and spirit.

Improve your Kata and Kumite through bunkai and principles of application.

If you are looking to improve your overall karate practice, this seminar is not to miss.

ABOUT THE 23rd ISKA WINTER SEMINAR



ISKA WINTER SEMINAR INSTRUCTORS

The 23rd Annual ISKA Winter Seminar will be taught by Hanshi Robert Stevenson, 9th Dan, Hanshi Rick Llewelyn, 9th Dan, and Special Guest Instructor Kyoshi Steve McCann, 7th Dan.

About Kyoshi Steve McCann

Sensei Steve McCann began training in Shotokan Karate 45 years ago. He has training and experience in Kickboxing, Japanese Ju Jitsu and Aikido. Sensei McCann has a bachelor's degree in Accounting and a master's degree in Kinesiology. His graduate thesis is on the kinematic variables of a karate reverse punch. He recently retired from West Valley College after a 30-year full-time career as the Martial Arts Director teaching Karate, Self-defense, Kickboxing and MMA. He now lives in Monterey and is teaching Martial Arts and Self-Defense at Monterey Peninsula College.

Sensei McCann will be presenting a variety of self-defense techniques, specifically *ukemi-waza* (break-falling techniques), *kansetsu-waza* (joint locking), and *nage-waza* (take down/throwing) techniques.

About Hanshi Rick Llewelyn and Hanshi Robert Stevenson

Hanshi Llewelyn and Hanshi Stevenson have extensive kata and kumite experience, including tournament competition, judging, and instruction with Master Hidetaka Nishiyama. Collectively, they have about 95 years of training between them. Hanshi Llewelyn lives in Vallejo, CA and is the Head Instructor at the Benicia Shotokan Karate Academy and is the President of the International San Ten Karate Association. Hanshi Stevenson lives in Fresno, CA and is the Chief Instructor at the Path of the Dragon Dojo in Fresno and is the Technical Director of the ISKA. Hanshi Llewelyn will present kata based instruction focusing on proper body dynamic and principles of application. Hanshi Stevenson will present kumite focused drills and principles of mind-body connection.

REGISTER ONLINE AT WWW.SANTENKARATE.COM