

瑞西空手友会

SWISS KARATE TOMOKAI

präsentiert

Karate Master Camp

Lucerne, Switzerland

May 2023, Saturday 27. to Monday 29.



Elisabeth Schüpfer, 6. Dan



Carlo Fugazza, 8. Dan



Bruno Romano, 5. Dan



Roland Mötteli,
5. Dan Karate
3. Dan Iaido (ZNKR)



Toni Romano, 8. Dan



Christian Kohl
Vortrag Regeneration

瑞西空手友会

Saturday 27.5.2023

	Amlehn sportshall	Dojo KARATE TAISHO
09:00 – 10:30	5. – 1. Kyu	9. – 6. Kyu (2 groups)
10:45 – 12:15	Dan	
12:30 – 14:00	5. – 1. Kyu	9. – 6. Kyu (2 groups)
14:15 – 15:45	Dan	
16:10 – 17:40	Lecture topic regeneration	
From 18 o'clock	Barbecue	

Sunday 28.5.2023

	Amlehn Turnhalle	Dojo KARATE TAISHO
09:00 – 10:30	5. – 1. Kyu	9. – 6. Kyu (2 groups)
10:45 – 12:15	Dan	
12:30 – 14:00	5. – 1. Kyu	9. – 6. Kyu (2 groups)
14:15 – 15:45	Dan	Kyu exams
16:00 – 17:30	laido	

Monday 29.5.2023

	Amlehn Turnhalle	Dojo KARATE TAISHO
09:00 – 10:30	5. – 1. Kyu	9. – 6. Kyu (2 groups)
10:45 – 12:15	Dan	
12:30 – 13:45	Self-defense	
14:00 – 15:30	Final training (all levels)	
Ab 16:15		Dan exams

Adresses

Dojo KARATE TAISHO, Luzernerstrasse 82, 6010 Kriens
Amlehn-Turnhalle, Amlehnstrasse 29, 6010 Kriens

Information desk

At the dojo: Ticket sales, help,
Inscription kyu exams, restaurant

Anfahrt / Parkplätze

See map page 3

Teilnahmegebühr

CHF 200 Master Camp Pass
CHF 70 Day-ticket

Dan exams

Monday 16:15 Uhr, Dojo
Application form until May 15. to
Toni Romano, Tomokai chief instructor

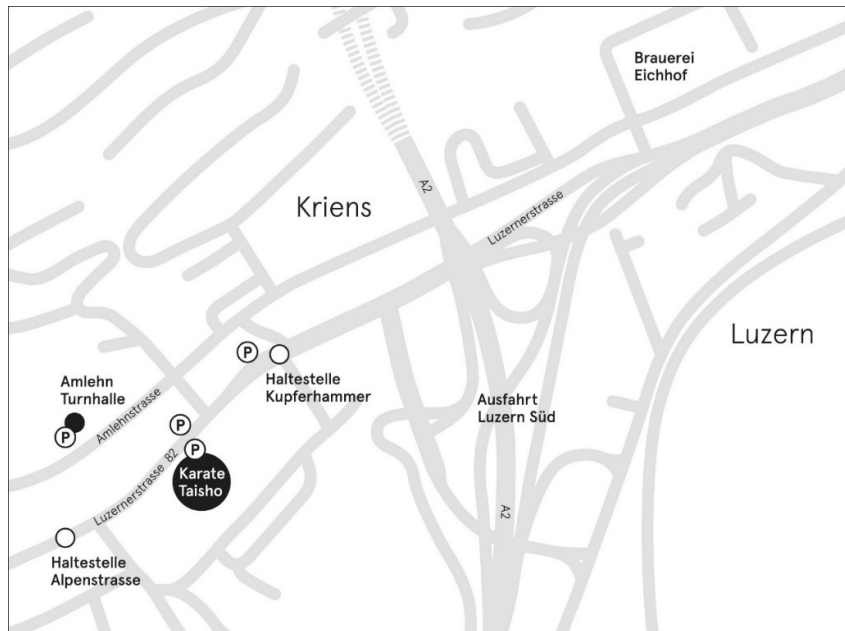
Kyu exam

Sunday 14:15 Uhr, Dojo
inscription at the information desk
until Saturday evening

Inscription / information

Toni Romano, Luzernerstrasse 82, CH-6010 Kriens, +41 41 210 10 22, info@taisho.ch

Map / how to get there



Public transport
Bus No 1 or 5 direction
Kriens, bus stop
Kupferhammer or
Alpenstrasse

Car
It's allowed to park on the
school yard of the Amlehn
sports hall. Parking tickets
required, available at the
vending machine on the left
side at the gateway.

Saturday: Lecture regeneration

Medical masseur Christian Kohl will give a lecture on the topic of regeneration. It is about mental, emotional and physical regeneration. Christian Kohl will show simple and effective exercises that can be well incorporated into everyday life.

Sunday: laido

The art of sword drawing has many similarities with shodo (the art of writing, i.e. calligraphy) and basic karate movements, especially those of the Shotokan style.

Roland Möttli teaches in his dojo in Wallenwil besides Shozindo Karate also laido. He is the founder of Towado (Way of the Peaceful Sword) and practices laido as a member of ZNKR (Zen Nippon Kendo Renmei, All-Japan Kendo Federation).

Monday: Self-defense

Bruno Romano will offer self-defense training again this year. This time it will be about situations on the ground.

Barbecue

Fire, drinks and plates/cutlery are available. Everyone brings their own food (barbecue and all the side dishes). So you don't have to register and can come spontaneously.

Shopping possibilities for spontaneous people are the Denner next to the dojo or the gas station stores nearby.