

KARATEPRAXIS–RETREAT October 2019



All-Inclusive &
Black-Belt-Promotion



--- Gasshuku in modern tradition ---

Backdrop for the KARATEPRAXIS-RETREAT will be the beautiful medieval castle Stahleck at Bacharach near the river Rhine. We aim to create an invaluable Karate experience for all participants while enjoying this beautiful landscape and the charme of this historic place.



Lined up and executed by:

Christian Wedewardt, 5. Dan Karate in the German Karate Association,
Head and founder of KARATEPRAXIS
Developer of the Heian-Kata-System-Bunkai



When: Thursday 31.10.2019 - Arrival at 5pm until
Sunday 03.11.2019 - ca.13:30pm end of the seminar and departure.

Where: Castle Stahleck, 55422 Bacharach, Germany

karatepraxis.com

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Prerequisites for attending:

At least green belt level - minimum age 16yrs (with parental consent)

Number of participants:

Learning exclusively! Number of participants is limited to up to 25 people!

FYI

Free food including a little party! The castle of Stahleck is managed as a youth hostel and offers typical capacities in terms of boarding (Single, double and shared rooms). Rooms are reserved in all three categories during the KARATEPRAXIS-RETREAT. Those will be distributed due to preference and availability. Besides the healthy, common catering, we will host a party for all participants on Saturday night. In addition to roughly 19 hours of Karate practice in the historic, around 150qm large, parquett floored knights hall, all participants will have the opportunity to explore the castle and it's town during their leisure time.

- - - Be prepared to be amazed ! - - -

Hosts:

- **Christian Wedewardt**, 5. Dan Karate within the German Karate Association (DKV), Founder and head of KARATEPRAXIS
- **Michelle Gay**, 5. Dan, 5x World-Oyama Knockdown Champion / Laban Certified Movement Analyst / Kinesiologist / Book Author "Brain Breaks" and Tonfa-Expert
- **Ludwig Binder**, 7. Dan / Ten-Kyo-Ryu-Karate / SOK-Coordinator KDNW

Content of the KARATEPRAXIS RETREAT:

- YOUR preferred topics
- Kata-Effektiv-Bunkai (regardless of which style)
- Bunkai-Drills from different Kata (regardless of which style)
- Training with pads and focus mitts



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Goals:

- Enjoying applicable Karate training
- Exclusive, intensive, common learning
- Training traditional Karate as a modern tradition
- Experiencing the Karate community regardless of which style
- Belt testing preparation & belt testings
- Participants preferred topics will be asked beforehand and taken into consideration

Protection:

Jockstrap is obligated. Further protection has to be at hand in one's sole discretion.

Registration: info@karatepraxis.com

After registration you will receive a confirmation with further payment details. Registration and participation slot is only reserved after payment completion.

Please note your favoured room situation (no guarantee for fulfilment).

Deadline & Payment due: 31.07.2019

There has to be made a security deposite of 50% = 174,50€ while registration.

Minimum number of participants: 15 registrations.

Organizational notes:

Detailed information about class schedule, meal and leisure times and seminar content will be sent out via e-mail beforehand.

Costs per person (All-Inclusive)

only **349,- EUR**

Cancellation of registration

- 100% Refund of payment when withdrawing from registration until 31.05.19.
- No refund of payment when withdrawing from registration later than 01.06.19.

Belt testing fees & registrations

In case of a black belt testing the participant will take care of all organizational arrangements and costs linked to the German Karate Association (DKV)

References:

Visit us at www.karatepraxis.com

Organizer and host will assume no liability.



more information on karatepraxis.com