

# Beauty & the Beast

The Post Pandemic Return

The *beauty of movement* and  
the **beastly bunkai**

## Instructors:

Shihan Ilpo Jalamo - 7 dan

Shihan Matts Andersson - 6 dan



**What:** Welcome to a karate seminar about kata and bunkai. We will explore the beautiful essence and the beastly techniques of kata Chinte and Sanseiru. We will also train kobujutsu (bo) and end with a kata competition with the trained kata.

**Date:** June 10 - 11, 2023

**Time:** Saturday 10-16, Sunday 09-15

**Venue:** Löthallen, Sundbyberg, Sweden. (Subway: Duvbo)

**Cost:** 800 SEK (We accept cash, swish)

**Application:** [seminar@rkhs.se](mailto:seminar@rkhs.se) (last day for application is June 1st)