

Kihon Waza

basics & principles

Peter Menke & Sonja Sauer
March 27 - 29 2026 in Duisburg

FRI 19:00 - 20:30 h

SAT 11 - 12:30 h & 16 - 17:30 h

SUN 11 - 12:30 h

The seminar focuses on basic techniques and principles (not only) for gradings. After every class a 30minute period is dedicated to free, individual practice during which you can work on your next grading and Peter/Sonja are available to answer individual questions.

Costs: 70 EUR or 25 EUR per training

Please register for the seminar as spaces are limited. Participants who take part in the whole seminar will be prioritised.

Sleeping in the dojo is possible, please get in touch with us beforehand.

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