

Winter Shiai!

When: Saturday, March 25, 2023
12 noon – 3:00pm

Where: Shotokan Karate MN
1517 Central Ave NE Mpls, MN 55413
(612) 870-1795
<https://www.shotokankaratemn.com>

Fee: One or more Events: \$20/person
Maximum Fee: \$35/Family



Categories: (free sparing position – jyu dachi))

- **Level 1:** 10th kyu – 8th kyu: Step in punch: one head, one body/Kata heian shodan/nidan
- **Level 2:** 7th kyu – 6th kyu: Same as above; add a front kick / Kata heian sandan/yondan
- **Level 3:** 5th kyu – 4th Kyu: One oi-tsuki or gyaku tsuki head or body /
One mae or mawashi geri body /One any punch or kick from above
- **Level 4:** 3rd kyu – 1st Kyu: Kogo kumite/Kata heian godan,tekki, Basai Dai, Jion, Empi, or Kanku Dai
- **Level 5:** Black belts: Kogo-under 18; 18+ Kogo or free sparring/ Kata: any advance kata

Shiai is open to all ranks and ages using AAKF divisions and rules/procedures for kata and kumite

Sharpen and test your skills for your next test, have fun, and meet fellow karatekas.

**Traditional Karate
North Central Region**
Regional Representatives of the AAKF



Register in person at the Shiai