

THREE WAYS TO EMPTINESS



A clinic designed to help traditional Karate practitioners to achieve the proper union of mind, body and spirit

Sunday July 6, 2014

9 am - 5 pm

Jennings School of Karate

16 John Street

Bradford, ON

\$50 or \$40 preregistration

Session 1 – 9 to 10:30 am

Zen Meditation

Guided by Jacques Oulé, a Zen Dharma teacher whose training has taken him to Korean monasteries. He will introduce participants to the fundamentals of Zen meditation –used by many Eastern martial arts as a way of achieving the correct frame of mind for higher practice. Dress: Sweat pants and t-shirts. Bring a cushion to sit on for mediation.

Session 2 – 10:30 am to 12:30 p.m.

Tai Chi as Martial Art

Guided by Rodney John, a tai chi chuan practitioner who has studied its higher principles for more than 30 years. He will demonstrate how the principles of softness, centre and sinking can be used to deepen our karate practice. Dress: Sweat pants and t-shirts.

Session 3 – 2 to 5 pm

The Karate Way to Emptiness

Guided by Ken Sakamoto, 8th dan and head of Ryusei Karate-Do International. Schooled in Chito-Ryu karate under master Tsuyoshi Chitose, Sakamoto-Sensei has devoted himself to understanding the higher aims of karate, including its internal and spiritual development. Dress: Karate gis.

For more information or to pre-register, contact Peter Giffen: giffen@ryusei-karate.com, 416-729-5633.