



Forum: Chatter Box

Topic: Educational Workout Topics

Subject: Re: Educational Workout Topics

Posted by: Tracy Carriere

Posted on: 2009/9/22 13:29:38

Dojo drills, street self defense (maybe kubaton or something), any weapons stuff...maybe a review of that kama kata we learned, if anyone can remember it that is. Of course I'm always up for kata...but I'd like to see an upper kata worked on and maybe master Young can teach us that original seisan thing again. Just my 2 cents.