## **FRIDAY SummerFest Seminars**

9-10 AM #1 Fighting Strategies Art Rabesa 9-10 AM #2 Ju-Kumite self defense Bruce Witherell 9-10 AM #3 Seisan Kata Study Buzz Durkin 9-10 AM #4 Sanseiryu kata Study Bill Glasheen 9-10 AM #5 Seichin Kata Study John Spencer 9-10 AM #6 Feeding Crane Techniques and apps. Fred Lohse 9-10 AM #8 Bojutsu Techniques and kata tracy Capone 9-10 AM #9 Fitness & Kata performance Fedele Cacia 9-10 AM #10 components-power punch Tracy Rose 10-11:30AM #1 Practical S.D. from Uechi-ryu kata Jim Maloney 10-11:30AM #2 Kyu kumite strategies & adv performance Greg Postal 10-11:30AM #3 Traditional Okinawa weapons John Hassell 10-11:30AM #5 Konshu Kata Study Peter Blackman 10-11:30AM #6 FEARS fighting methods Robb Buckland 10-11:30AM #7 Superempei Kata Study Victor Swinimer 10-11:30AM #9 China root systems relationship to Uechi-r Darin Yee 10-11:30AM #8 Sanchin Bunkai Paul Haydu 1-2 PM #1 Kyu kumite strategies & adv performance Greg Postal 1-2 PM #2 Seisan Kata Study Buzz Durkin 1-2 PM #3 Efficient/practical Movement Rory Miller 1-5 PM #4 Bojutsu Techniques and kata tracy Capone 1-3 PM #1 Dan Kumite strategies Jim Maloney 2-3 PM #1 Dan Kumite strategies Jim Maloney 2-3 PM #2 Sanseiryu kata study Bill Glasheen 2-3 PM #3 Konshu Kata Study Peter Blackman 3-4 PM #1 Close-in Fighting Strategies Art Rabesa 3-4 PM #1 Close-in Fighting Strategies Art Rabesa 3-4 PM #3 FEARS fighting methods Robb Buckland 3-4 PM #4 Sanchin power generation Paul Haydu 3-4 PM #1 Close-in Fighting Strategies Art Rabesa 3-4 PM #2 Sanchin Bunkai Paul Haydu 3-4 PM #3 FEARS fighting methods Robb Buckland 3-4 PM #4 Superempei Study Victor Swinimer 3-4 PM #5 Feeding Crane Techniques and apps. Fred Lohse 4-5 PM #4 Superempei Study John Spencer 4-5 PM #4 Seichin Kata Study John Spencer 4-5 PM #4 Seichin Kata Study John Thurston	Time	Station	Seminar description	Presenter
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4-5 PM #4 Seichin Kata Study John Spencer	4-5 PM	#1	Ju-Kumite self defense	Bruce Witherell
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4-5 PM #5 Grounding for Uechi-ryu Beginners John Thurston	4-5 PM	#4	Seichin Kata Study	John Spencer
	4-5 PM	#5	Grounding for Uechi-ryu Beginners	John Thurston

## **SATURDAY SEMINARS**

		SATORDAT SEMINARIS	
Time	Station	Seminar description	Presenter
9-10 AM	#1	Dan Kumite strategies	Art Rabesa
9-10 AM	#2	Ju Kumite Self Defense	Bruce Witherell
9-10 AM	#3	Seisan Kata Study	Buzz Durkin
9-10 AM	#4	Superempei Kata Study	Bill Glasheen
9-10 AM	#5	Fitness - teaching techniques	John Felipe
9-10 AM	#6	Seiryu Kata Study	John Spencer
9-10 AM	#7	Feeding Crane	Fred Lohse
9-10 AM	#8	Uechi-ryu bunkai/kumite	Henry Thom
9-10 AM	#9	Kata stance and balance	Tracy Capone
9-10 AM	#10	Power Components from Kata	Tracy Rose
10-11:30AM	#1	Leverage and fighting strategies	Rory Miller
10-11:30AM	#2	Practical Self Defense from Kata	Jim Maloney
10-11:30AM	#3	Adv kyu kumite practice and apps	Greg Postal
10-11:30AM	#4	Traditional Okinawa Weapons	John Hassell
10-11:30AM	#5	Grappling for stand-up M.A.	Joe Pomfret
10-11:30AM	#6	Konchin Kata Study	Peter Blackman
10-11:30AM	#7	FEARS fighting strategies/methods	Robb Buckland
10-11:30AM	#8	Superempei Kata Study	Victor Swinimer
10-11:30AM	#9	Cane Self Defense Techniques	Bob McClellan
10-11:30AM	#10	Deveoping Sanchin power/structure	Paul Haydu
		Lunch break - 11:30am-12:45PM	
12:45PM	#1	Lunch break - 11:30am-12:45PM Formal Group Picture	Gary Geddes
12:45PM 1-2PM	#1 #2		Gary Geddes Greg Postal
_		Formal Group Picture	•
1-2PM	#2	Formal Group Picture  Kyu Kumite Advanced technique	Greg Postal
1-2PM 1-2PM	#2 #3	Formal Group Picture Kyu Kumite Advanced technique Seisan Kata Study	Greg Postal Buzz Durkin
1-2PM 1-2PM 1-2PM	#2 #3 #4	Formal Group Picture  Kyu Kumite Advanced technique Seisan Kata Study  Vilence Dynamics	Greg Postal Buzz Durkin Rory Miller
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1-2PM 1-2PM 1-2PM 1-2PM 1-2PM 1-5PM 2-3 PM 2-3 PM 2-3 PM 2-3 PM 2-3 PM 3-4 PM 3-4 PM 3-4 PM 3-4 PM 4-5 PM	#2 #3 #4 #5 #6 #7 #1 #2 #3 #4 #5 #1 #2 #3 #4 #1 #2	Formal Group Picture  Kyu Kumite Advanced technique Seisan Kata Study Vilence Dynamics Uechi-ryu groundwork Konchin Kata Study Stance and balance transitioning Self defense strategies Superempei Kata Study Feeding Crane Basics Cane Self Defense Techniques Sanchin Bunkai Dan Kumite strategies Traditional Okinawa Weapons Self defense strategies in kata Superempei Kata Study Ju Kumite Self Defense Sanchin Bunkai	Greg Postal Buzz Durkin Rory Miller Joe Pomfret Peter Blackman Tracy Capone Jim Maloney Bill Glasheen Fred Lohse Henry Tow Paul Haydu Art Rabesa John Hassell Henry Thom Victor Swinimer Bruce Witherell Darin Yee

## 2012 JuniorFest

- +9:00 am Meeting our participants and introducing each instructor present. A quick guild of the facility pointing out where the lavatories are the drink machines and so on.
- +9:30 am Warn up exercises and stretching
- +10:00 am Kata and drills
- +11:00 am punching drills
- +12:00 pm lunch
- +1:00 pm blocking drills (game)
- +2:00 pm Sparring
- +3:00 pm lighting rod challenges |

Any adult black belt wishing to assist with jr. fest please let me know before Saturday so I can introduce you at 9AM

## **Notes for SummerFest 2012**

Note: To the best of my knowledge, the schedule is very accurate, but subject to change.

Sanchin on the Beach will be conducted on the Soccer Field 6:30AM. George will be helping Vinny!

Note: Friday Lunch break: 11:30AM - 1:00PM.

Saturday Lunch break: 11:30AM - 12:45PM (Group Picture at 12:45PM)

Note: SummerFest uniform will be t-shirt, white gi bottom and belt

Note: 1-5 dan testing will be conducted Friday at 5PM - Pre applicants only

Note: Masters' Ceremony will be conducted Saturday at 7PM -

Free to

S.Fest participants - visitors \$20 cash.

Masters must notify G.E. Mattson how many tickets they need for family by Monday, July 30th! Note: Friday night and Saturday night party will be held in the JunglePlex lounge- 8:30PM.

Darin Yee has convinced one of the most popular local musicians to perform for us on Saturday, August 4th in our lounge at the Jungleplex. Her name is Sherry Malone. She will be entertaining us after the Masters Ceremony.

On Saturday, Bob McClellan and Henry Tow would like to teach a cane kata and the use of a cane as a weapon for any of our participants wishing to learn how to use a cane as a weapon. They have both been certified as cane instructors.

George Mattson and Van Canna will be "roaming" ambassadors, available for questions relating to Uechi-ryu-ryu. Master Ceremony: "Lifetime Achievement" award - John Spencer, recipient

All SummerFest participants will be issued a wrist band that must be worn at all times during the weekend.

The wrist band will also give you free access to the Saturday evening Masters Celebration.

Sunday Morning 9AM – 11:30AM: Open Practice ==== All teachers who are not travelling and wish to conduct informal classes are invited to spend the morning with all students who wish to attend.