

FRIDAY SummerFest Seminars

Time	Station	Seminar description	Presenter
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	#4	Efficient/practical Movement	Rory Miller
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
Lunch - 11:30 - 1PM			
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
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
2-3 PM	#4	Sanchin power generation	Paul Haydu
3-4 PM	#1	Close-in Fighting Strategies	Art Rabesa
3-4 PM	#2	Traditional Okinawa weapons	John Hassell
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	#1	Ju-Kumite self defense	Bruce Witherell
4-5 PM	#2	Sanchin Bunkai	Darin Yee
4-5 PM	#4	Seichin Kata Study	John Spencer
4-5 PM	#5	Grounding for Uechi-ryu Beginners	John Thurston

SATURDAY SEMINARS

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	Formal Group Picture	Gary Geddes
1-2PM	#2	Kyu Kumite Advanced technique	Greg Postal
1-2PM	#3	Seisan Kata Study	Buzz Durkin
1-2PM	#4	Vilence Dynamics	Rory Miller
1-2PM	#5	Uechi-ryu groundwork	Joe Pomfret
1-2PM	#6	Konchin Kata Study	Peter Blackman
1-5PM	#7	Stance and balance transitioning	Tracy Capone
2-3 PM	#1	Self defense strategies	Jim Maloney
2-3 PM	#2	Superempei Kata Study	Bill Glasheen
2-3 PM	#3	Feeding Crane Basics	Fred Lohse
2-3 PM	#4	Cane Self Defense Techniques	Henry Tow
2-3 PM	#5	Sanchin Bunkai	Paul Haydu
3-4 PM	#1	Dan Kumite strategies	Art Rabesa
3-4 PM	#2	Traditional Okinawa Weapons	John Hassell
3-4 PM	#3	Self defense strategies in kata	Henry Thom
3-4 PM	#4	Superempei Kata Study	Victor Swinimer
4-5 PM	#1	Ju Kumite Self Defense	Bruce Witherell
4-5 PM	#2	Sanchin Bunkai	Darin Yee
4-5PM	#3	FEARS fighting strategies/methods	Robb Buckland
4-5 PM	#4	Beginners "Heart of Sanchin"	John Thurston

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 Warm 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.