



Sensei Steve Ubl

Karate Seminar

Ubl (Steve) Sensei was the first resident of the Hoitsugan Dojo (Nakayama Sensei's private dojo in Tokyo) in 1972 and was one of Nakayama Sensei's most personal *uchi-deshi* ("inner circle student") in his multiple extended stays there. He also went through Nishiyama Sensei's instructors' course in southern California in the 1970's. In about 40 years of Shotokan karate training Ubl Sensei has developed tremendous insights into how to make effective karate techniques. He embodies Nakayama Sensei's idea of dynamic karate.

These seminars will be filled with people who have attended Ubl Sensei's classes in the past. If this is your first time you can't miss the "Wow!" factor of the intensity of Ubl Sensei's technique. But even more, you will see and practice new ways to think about the techniques we do every day.

For more information on training with Ubl Sensei, click the following link for in-depth seminar review:

<http://www.theshotokanway.com/nothingwasted.html>

Location:

University of South Alabama
HPELS Complex, Main Gymnasium
Mobile, Alabama

Dates and Times:

Friday, February 26 th	6:00pm – 8:00pm
Saturday, February 27 th	10:00am – 12:00pm and 2:00pm – 4:00pm and 4:30pm - 5:30 (Brown belt and above only)
Sunday, February 28 th	10:00am – 12:00pm

Training Fees:

\$40.00 for all sessions if registered by February 1, 2010

\$50.00 for all sessions if registering **after** February 1, 2010

Hosted by: The University of South Alabama Karate Club

For more information please contact Randall Hackworth at 251.654.5550 or hack.one@live.com

Registration:

Name:_____

Address:_____

Address2:_____

Tel._____

Email:_____

Dojo:_____

Please forward registration and payment to:

Coastal Shotokan
5340 Bay Dr.
Orange Beach, AL 36561

Please make check payable to: Coastal Shotokan