



SENSEI PERVEZ B. MISTRY

IOGKF INDIA 8th DAN



Breathing Katas of Goju-Ryu

Sanchin & Tensho

SEMINAR & WORKSHOP

What you will learn:

- Understanding Kata & it's importance
- Benefits of Goyu-Ryu Breathing Katas
- Improve immunity
- Step by step training of Sanchin & Tensho
- Enhance your technique, power & strength
- Understand GO (hard) in Sanchin & JU (soft) in Tensho

When & Where:

Date: Oct. 30 & 31, 2021

Time: 5.00 pm ~ 8.00 pm (IST)

Place: ZOOM

FOR ADULTS ONLY