

Seito Shito Ryu Karate-Do 2022 East Coast Gasshuku

Chief Instructors:

Dean Gordon: Hachidan and Hanshi, Seito Shito Ryu Karate-Do

Paul Fracchia: Nanadan and Kiyoshi, Seito Shito Ryu Karate-Do

Gary McGuinness: Hachidan and Hanshi, Seito Shito Ryu Karate-Do

Dudley Moon: Hachidan and Hanshi, Seito Shito Ryu Karate-Do

Special Guest Instructors:

Jason Griffiths: Rokudan and Renshi, Ittoshinkan

Garry Edwards: Rokudan and Shihan, Seito Shito Ryu Karate-Do

Dojo Location:

**Dewey Martial Arts Center
3 Normanskill Boulevard,
Delmar, NY 12054**

For Information Contact:

D. Moon

Cell: 518-852-6480

Email: dudley.moon@outlook.com

Suggested Hotel for Gasshuku:

Four Points by Sheraton Albany

3 Mount Hope Way

(next to RT 9W South off Exit 23 of NYS Thruway)

Albany, NY 12202

518-949-2220

Saturday Night Dinner Restaurant

Akira

385 Route 9W

Glenmont, NY 12077

518-434-8880

www.akirasushigroup.com

2022 Gasshuku Schedule

Friday Evening (Oct 21st)

7:00 pm - Introductions & Reishiki (Bow in) & Taiso (Warm-up)

7:30 - 9:00 pm - **Session I - Fracchia Shihan** - Fight Control

Saturday (Oct 22nd)

10:00 am - Welcome, Reishiki & Taiso

10:30 am - **Session II - Edwards & Griffiths Shihan** - Kihon & Partner Bunkai Drills

12:00 pm - Lunch

12:30 pm - **Session III - Gordon Shihan** - Seipai kata

2:00 pm - Break

2:15 pm - **Session IV - Moon Shihan** - Levels of Shito Ryu techniques

3:45 pm - Break

4:00 pm - **Questions & Answers**, Follow-up clarifications

5:00 pm - Reishiki (Bow out)

7:00 pm - *Dinner @ Akira, Glenmont, NY (Note change from original)*

Sunday (Oct 23rd)

10:00 am - Reishiki & Taiso for testing candidates

10:30 am - **Testing of Yudansha Candidates**

12:00 pm - Lunch

12:30 pm - **Session V - McGuinness Shihan** - Higaonna-ke drills & Sanchin kata

2:00 pm - Break

2:15 pm - **Session VI - Moon Shihan** - Ryukyu Kobudo & Shito Ryu Karate-Do

3:45 pm - Break

4:00 pm - **Final Remarks** by each Instructor, Announcement of Testing results,
Discussion of points to improve, Q & A, Reishiki