



# SMR JODO KanKeiko 2012

MUNENMUSO DOJO HAARLEM

Invites you to

## 2<sup>e</sup> KanKeiko Gasshuku

SHINTO MUSO RYU JODO

Lead by Kees Bruggink

Shinto Muso Ryu Gomokuroku, IJF Chuden

**11 and 12 february 2012**

**Place:** Dojo: MunenMuso, \*JudoDojo KennemerSportcenter

**Training schedule:**

Saturday 11 February 09.00 –12.00 MunenMusodojo/ 14.00 – 18.00 Judodojo

Sunday\* 12 February 09.00 – 12.00 / 13.00 – 16.30

(JudoDojo, KennemerSportcenter)\*

**Adress:** MunenMuso Dojo, Byzantiumstraat 74, 2033EK, Haarlem

**Adress:** JudoDojo, KennemerSportcenter, IJsbanaanlaan 4a, 2024AV Haarlem

*For those who arrive on Friday there will be organized a extra training from 19.00 - 21.30.*

**Place:** Dojo MunenMuso

**Trainingsfee:** (entire Seminar) € 50.

**Lunch:** inclusive (2x)

The theme of Kan-geiko 2012, ***Know you're "Hasuji in Uchikomi"***

Cold and warmth are feelings you can understand only through experimenting them yourself. You cannot understand fully things without experimenting them.

Sometimes we have to endure things to find out where we stand in life and whether we are heading in the right direction. How to deal with running into yourself at a difficult moment? A difficult moment that can turn into a teachable moment if we open ourself to it.

It is not so strange then if I say that the kata that smr jodo has given us, show us where we are. We can learn lessons from the difficult moments that the kata present us with. Our ego, our pride, gets hurt, we get disappointed during an exam. Let us try and use our training in jodo to make a step in the right direction by learning from the answers that the kata (a reflection of the past) gives us.

**Please contact:**

**Email:** [k.bruggink@hdcmedia.nl](mailto:k.bruggink@hdcmedia.nl)

**Please note:** Its possible to stay in the dojo on friday and saturdaynight. Otherwise we will try to organize homestay's. Please send a e-mail. There will be a lunch on saturday and sunday.