

Zen Breathing Seminar

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Shihan Harry G. Smith

Isshinryu Karate

Class of 1956



Shihan Harry G. Smith is offering a seminar in Zen Breathing Methods that are lost somewhere in time. These methods were taught to him by Isshinryu founder Tatsuo Shimabukuro (1908-1975) in the years 1956-58 and 1966-72.

The seminar will include Zazen breathing methods in the Isshinryu kata: Sanchin, Seisan, Seiunchin and Naihanchi.

******* ANYWHERE IN THE USA *******

US \$ 500 a day

(plus travel and lodging)

rate based on one dojo, maximum of 15 students attending;

larger groups: see website &

contact Guardian Karate Association

IMPORTANT:

Any person attending is required to purchase a Sanchin-packet, before the seminar, to save time in training.

Discount offer:

Book a seminar before April 1st, 2007 and receive a **discount of US \$ 50**



This may be your last chance to study directly with a first generation student of Tatsuo Shimabukuro

More info at: www.shimabuku.com