



Alster Dojo

Kendo-Seminar, October 14/15th, 2023, with

Detlef Viebranz, Kyoshi 7. Dan Kendo

Katja Fleury, Renshi 7. Dan Kendo

- Aspects of Successful Attacks -

Organizer: Alster Dojo e.V.

Location/Time: Alster Dojo, Veilchenweg 34, 22529 Hamburg

Saturday, October 14th:	
Dojo-opening	10:00 am
Split up in two groups	10:45 am
Practice	11:00 am - 6:00 pm
Sunday, October 15th:	
Practice	10:00 - 12:30 am

Coaches: Detlef Viebranz, Kyoshi 7. Dan, Ehrenpräsident DKenB
Katja Fleury, Renshi 7. Dan, Instruktorin Kenseikan Kendo Uni Bern

Topics: Beginning our attacks with Seme, strengthening our midst, ending with Ippon.
For sunday we are planning Tachiai, especially for Dan-Holders.
Please bring your Bokuto.

Mode: Only in Bogu, in two groups depending on level,
Ji-Geiko united.

Hygiene: Faceshield in Men

Fee: Per person 40,- €, in cash at the dojo

Dinner: Barbecue at the dojo !

Accommodation: Possible at the Dojo Friday to Sunday for 5,- € !
Please announce at registration.

Registration: Name, age, graduation, dojo, sleeping at the dojo YES/NO to:
kendosportwart@alster-dojode

Deadline: Tuesday, October 10th

Access: The dojo is located just outside central Hamburg and can be reached easily by public transportation, e.g. 15-minute bus rides plus short walks from directions Dammtor, Sternschanze or Schlump, if you start off from the city centre. Please refer to hvv.de for connections to bus stops "Veilchenweg" or "Veilchenweg (West)".

By car:

A7 Anschlussstelle Stellingen
B4/5 Kieler Straße direction Hagenbecks Tierpark
Koppelstraße till U-Bahnhaltestelle,
turn right to Julius-Vosseler-Straße
turn left to Vizelinstraße
turn left to Stresemannallee
turn right to Veilchenweg

Photos: Photos will be taken.

Remark: *Regular training at Alster Dojo Friday 6pm - 8pm. Both Senseis will be present.*