

**\*\*\* International Seminar \*\*\***

# Ju-Jitsu & Selfdefense & Hanbo-Jitsu



Mit/with :



**Hanshi Siegfried Lory**

**10. Dan Ju-Jitsu, 8.Dan Hanbo-Jitsu, 4.Dan Karate, 2.Dan Judo  
Certified Selfdefense Instructor & National Coach BFAK**



in :

**Emden / Niedersachsen / Germany**

**Datum / Date :**

**19. November 2009**

**Zeit / Time :**

**Donnerstag / Thursday  
18:00 h – 21:00 h**

**Themen / Topics:**

**Realistic Selfdefence & Ju-Jitsu & Hanbo-Jitsu**

- Locks
- Training with weapons
- Takedowns
- Quick release techniques
- Stick-Fighting
- Stick Defense



Ort / Place : Osaka Sport Center, Hansastr. 14 a, 26723 Emden / Germany  
Organisation : OSC Emden & Tokon e.V.  
Veranstalter : OSC / IMAF-ProSecDiv Division / BFAK  
Kosten / Fees : 20,- € incl. Seminar-Certificate  
Anmeldung /:  
Registration Osaka Sport Center, Jens Fricke 6.Dan  
Hansastr. 14 A , 26723 Emden, Germany  
Tel. +49-4921-399468 Fax: +49-4921-936675  
E-mail : osakafricke@yahoo.de [www.osaka-dojo.de](http://www.osaka-dojo.de)  
Registration bis / Closing Date : 12.11.2009 !



**Achtung : Teilnehmerzahl am Samstag ist begrenzt !**

**Attention : The number of participants on saturday is limited !**



**Selfdefence Seminar with Hanshi Siegfried Lory in Emden (Osaka Sport Center ) 2008**