

# IKDS WORKSHOP PARIS

MAKS-KCPP

**Saturday 12th and Sunday 13th april 2019**



**Topic :** We will explore the path of the empty hand, whether open or closed, in strikes and defenses, to (re) discover all its wealth.

Managing by **GILLES DOMENC** Senseï  
(Member of Technical IKDS Commission)

## **Horaires :**

### **Saturday :**

9h – 12h : Adults

11h – 12h : Keiko (teens)

14h 30– 17h : Adults all level.

17h15 – 18h15: Keiko (2nd kyu to Dan level)

18h – 19h : relaxation

### **Sunday :**

Black Belt exam for interested candidates at 8:30 am on Sunday.

9h – 11h : Adults all level

**Price Teens/Adults :** 20 €(25 €no MAKS or IKDS member)

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