



Shihan Ito Intensive Seminar Oct 2025

This seminar is only open to IKO Matsui Members

PLEASE NOTE CHANGES IN RED

Detailed Schedule:

Friday Night: Ngakoroa School (1 Rorotu Ave, Karaka, Auckland)

- ❖ 6pm Powhiri - Formal Welcome
- ❖ 6.45-7.45pm High Kata Changes (Black Belts Only- Shihan Ito)
- ❖ 7.45-**8.30/9pm** High Kata Bunkai (Shihan Ito)
- ❖ 9pm Finish

Kata & Bunkai: Tekki Sono San, Seipai, Garyu, Kanku

Saturday: Ngakoroa School

Gym 1 – Shihan Ito (everyone)

- ❖ **8.30am Arrive, register, pick up pack and prepare**
- ❖ 9-10.30am Basics Session - Moving Basics, All Grades
- ❖ 10.30 -10.45am Break

Group splits

Gym 1 – Shihan Ito

- ❖ 10.45am-12.30pm Kata changes: 6th-3rd Kyu Kata Changes: Pinan 1-5, Yantsu, Sanchin
- ❖ 12.30-2pm Lunch Break

Gym 2 – Shihan Takiwa

- ❖ 10.45am-12.30pm Judges & Referee, Brown & Black Belts
- ❖ 12.30-2pm Lunch Break

Group back together

Gym 1 – Shihan Ito

- ❖ 2-4pm Kata Bunkai: Pinan 1-5, Yantsu, Sanchin
- ❖ 4pm- Finish

Dinner

- ❖ 6pm Dinner with Shihan Ito, **Lonestar Manukau** 792 Great South Road Auckland 2104

Sunday: Ngakoroa School

Group splits

Gym 1 – Shihan Ito

- ❖ 9-10.30am Kata Changes & Bunkai: Brown & Black Belts
Kata: Saiha, Seienchin, Bassai

Gym 2 – Shihan Takiwa

- ❖ 9-10.30am Kata Revision: Pinan 1-5, Yantsu, Sanchin
- ❖ 10.30 -10.45am Break

Group back together

Gym 1 – Shihan Ito

- ❖ 10.45am-12.30pm Kata Bunkai Revision All Grades (Shihan Ito) Pinan 1-5 Yantsu,
- ❖ 12.30-2pm Lunch Break

Group splits

Gym 1 – Shihan Ito

- ❖ 2-3pm High Kata Revision & Bunkai (Brown-Black Belts Only) Tekki Sono 1-2

Gym 2 – Shihan Takiwa

- ❖ 2-3pm Training 6th-3rd Kyu

Group back together

Gym 1 – Shihan Ito

- ❖ 3-4pm Kumite Technique Training All Grades
- ❖ 4pm Finish

Photo Session/Clean Up

NEW

Sayonara Dinner/drinks @ Groundfloor Restaurant" at the Ramada Suites - Manukau
(downstairs @ the Hotel)

770a Great South Road Manukau, Auckland