

Staying young with Karate

Karate-Do is especially suited, to keep the body and mind young - better than most other sports can do. Not only, because young and old can practice together, or because sport keeps the body generally young. Karate-Do has in Kata and Kumite special exercises, that are only practiced in martial arts. Last but not least, is flexibility of the body and mind an always practiced skill. And everybody discovers very quickly: An agile and flexible body leads to an agile and flexible mind.

Membership

- Phone us for test trainings
- Training for children, teens, adults up to 50+
- Places of training in Berlin-Steglitz and Berlin-Charlottenburg
- Monthly dues: Children and teens 10,00 Euro, adults 15,00 Euro (reduced: 10,00 Euro), family discount for 3. etc. Person 50%
- For more information please phone or e-mail us

Contacts

Phone 0049-(30) 793 56 95

Fax 0049-(30) 7974 1909

E-Mail o-nami@gmx.de

Hans@o-nami.de

www.O-Nami.de

Postal address (Snail Mail)

Karateverein O-Nami e.V.
Körnerstr. 26
12157 Berlin (Steglitz)
Germany

Bank account

Postbank NL Berlin
Account-Nr. 657 023-102
Bank Code 100 100 10

Karateverein O-Nami e.V.

Club for traditional Karate-Do in Berlin
Style Shotokan

Member in

- Landessportbund Berlin e.V. /LSB (Regional Sport Association Berlin)
- Deutscher Karateverband e.V. / DKV (German Karate Association)
- Berliner Karateverband e.V. /BKV (Berlin Karate Association)
- Deutscher JKA-Karatebund e.V. /DJKB (German Japan Karate Association)

About us

„O-Nami“ means “great wave”.

With “great” is meant, the great (big) movements of the arms and legs, which are typical for the style Shotokan. The power at the end of a technique followed by the relaxation afterwards symbolizes the “wave”.

The Club was founded in January 2002, increasing to already 80 members. The age ranges from 6 to over 50. However over 50 % of our members are Children and teens.

The main focus on training the children and teens is not so much the perfect technique, but improvement of physical skills and social behavior. The adults are trained in all skills like bodily condition, strength, flexibility, orientation in room etc..



Abbildung 1: Self-Defence.

Training schedule

Classes in the City:

Monday, Sybelstr. 2-4:

- Adults and teens 6.00 – 7.30 p.m.

Tuesday, Sybelstr. 20/21:

- Children (5-7 years) 4.30 – 6.00 p.m.
- Children (8-12 years) 4.30 – 6.00 p.m.
(at the same time)

Wednesday, Sybelstr. 2-4:

- Adults, Children and teens,
all Ranks 6.00 – 7.30 p.m.

Thursday, Sybelstr. 20/21:

- Children all Ranks 5.30 – 7.00 p.m.
- Jiyu Renshu, all members 7.00 – 8.00 p.m.

Friday, Sybelstr. 20/21:

- Adults and
Children (with yellow belt
and higher ranks) 4.30 – 6.00 p.m.

Friday, Sybelstr. 2-4:

- Brown and black belt 6.30 – 8.00 p.m.

The Trainer

consists of experienced trainer. Everyone has a different focus. All together they round up the demand:

- Hans Kurtzweg, Yondan Karate-Do, licensed Trainer, gradings possible, german wide, up to 1. Kyu (DKV grading license B)
- Yvonne Mullins, Sandan Karate-Do, gradings possible, german wide, up to 1. Kyu (DKV grading license B), the female „compensation“
- Michael Bock, Nidan Karate-Do and 1. Kyu Judo
- Michael Mullins Nidan Karate-Do
- Patrick Springer 1. Kyu Karate-Do
- Michael Siebke 1. Kyu Karate-Do



Abbildung 2: Small and tall Karateka are training together.