

# TONY SMIBERT SHIHAN'S CLASS 22ND OF AUGUST 2017

## CLASS STRUCTURE

Heaven and Earth

Warming up

Mental

Physical

Hanmi

Extension and Kokyu

Be present

Tai Sabaki

Basic Waza

Advanced Waza

## THEMES

Direction creates Ma ai creates timing

Distance -> Extension -> Connexion

Messen

Vertical Axis Up and Down

Respect and take care of you partner

Timing inside the timing