



2017 laido – Squad Training Session (STS 1)



Date: 26th Feb 2017

Time: 09:00 – 16:45

Venue: Craiglockhart Leisure and Tennis Centre
177 Colinton Rd, Edinburgh, EH14 1BZ

Squad Training Sessions (STS) are open to all BKA laido-bu members regardless of squad aspirations, grade or indeed ability. Despite the daunting name they are intended to help all members have more opportunities to develop their laido. The STS will be led by the Squad Coach; assisted by the Squad Manager and other nominated officers and invited seniors to focus on notable technical weaknesses or specific themes to better equip those in attendance to do more effective laido. The STS are not seminars, so explanations will be short and to the point so that more repetitive practice can be achieved with specific and quick one-to-one feedback given when needed.

The STS will be used in conjunction with other events to select the laido squad members who will represent the British Kendo Association at the European laido Championships. For more information refer to the following link:

<http://britishkendoassociation.com/wp-content/uploads/2016/12/BKA-2017-Squad-Poster-General.pdf>

Cost: to attend STS is £15 (or £8 concession rate). No half-day rate is available to members. This rate is charged to assist cover hall-hire and pay modest expenses for faculty. Excess funds will be used to support squad only sessions and for sending our final team to the EIC.

Further information: Squad Manager on:
Squad Coach on:
laidobucho on:

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