



REGISTRATION FORM NIHON TAI JITSU TRAINING BY VIDEOCONFERENCE



The Essonnian school of Nihon Tai Jitsu, in collaboration with the Departmental Committee of Karate of Essonne and the International Association of Nihon Tai Jitsu, proposes you a free Nihon Tai Jitsu training by videoconference via Zoom application on **Saturday 19th and Sunday 20th June 2021**, The training is open to everyone, whatever your discipline, your technical level (beginner accepted).

Our friends from abroad are also welcome.

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|--|--|---------------------|--|
| Name : | | First name : | |
| Discipline : | | | |
| Club : | | | |
| Email : | | | |
| Country : <i>For non-French practitioners.</i> | | | |
| Attendace days <i>(Please tick the relevant box(es))</i> | | | |
| SATURDAY | | SUNDAY | |

Be careful : e-mail address changes for a better management

Please send completed form to Laurent LARIVIERE
stage.zoom@nihontaijitsu.net.

You will receive in return the connection link and your password as well as the instructions for the proper conduct of the training.

Technical programm :

- Saturday : 1st kata of Nihon Tai Jitsu ans Nihon Tai Jitsu No Kata Shodan
- Sunday : Basic Techniques - Joint lock techniques

