

# NKS QUEST EVENTS



## MARCH 2011 QUEST EVENT 4 PILLARS OF KATA

This month's QUEST EVENT featured a special *kata* workshop at *hombu* dojo with NKS International Director and renowned martial arts expert, Hanshi Cezar Borkowski (9th dan).

Masters students explored four levels of practice

Undo 動

Oyo 意

Bunkai 擇

Kakushintei 祕

NKS' CURRICULUM FEATURES A UNIQUE BLEND OF TRADITIONAL AND CONTEMPORARY TRAINING.

In keeping with our commitment to *provide the best martial arts and life skills education*, there are no additional fees for special activities.

For information about **Quest Events** and other program benefits, consult NKS Student Care reps.

