

**THE SPIRIT OF TRADITIONAL KARATE-DO
GASSHUKU 2018 - WTKF INTERNATIONAL SUMMER CAMP
"KI AND BREATHING FOR HEALTH DEVELOPMENT AND TODOME WAZA IMPROVEMENT"**

PROGRAMME

20 August (Monday) – 24 August (Friday) 2018

DATE	DAY SUBJECT	6:00 - 7:00	10:00 – 13:00	15:30 – 18:00	20:00 - 21:30
Monday (20 August)					INTRODUCTION TRAINING MAIN DOJO
Tuesday (21 August)	KATA	KI / ENERGY BUILDING SALAS	SALAS – CARRION – KWIECINSKI	SALAS – CARRION – KWIECINSKI	KATA SPECIAL KWIECINSKI
Wednesday (22 August)	KUMITE	KI / ENERGY BUILDING SALAS	SALAS – CARRION – KWIECINSKI*	SALAS – CARRION – KWIECINSKI*	KUMITE SPECIAL TODOME WAZA
Thursday (23 August)	EXAMINATIONS	KI / ENERGY BUILDING SALAS	SALAS – CARRION – KWIECINSKI*	DAN EXAMINATIONS	20:00 SAYONARA PARTY CAFETERIA
Friday (24 August)	CONCLUSION	CERFIFICATES DISTRIBUTION			

Remarks:

1. All participants should be ready at Dojo **minimum 15 minutes prior to training - everyone is responsible for their own warm-up.**
 2. Please **take water or another drink** for the training.
 3. **TO RECEIVE YOUR PARTICIPATION CERTIFICATE YOU HAVE TO COMPLETE ALL TRAINING SESSIONS.**
 4. **6:00 – 7:00** Out door sports field / **10:00 – 13:00 / 15:00 – 18:00 / 20:00 – 21:30** MAIN DOJO.
 5. **SUNDAY CERTIFICATES DISTRIBUTION AT THE MAIN DOJO.**
- *. **KWIECINSKI SENSEI WILL SUPERVISE ALL CLASSES**