

| TIME<br><i>14.06.25</i> | KAMOHARA Sensei<br>(Zone 1)            | For whom?    | CASEY Sensei<br>(Zone 2)       | For whom? | TAKIGAURA Sensei<br>(Zone 3)              | For whom? |
|-------------------------|----------------------------------------|--------------|--------------------------------|-----------|-------------------------------------------|-----------|
| 09:00 – 09:30           | Welcome                                | all          |                                |           |                                           |           |
| 09:30 – 09:45           | <b>Warming up</b> (special for Karate) | all          |                                |           |                                           |           |
| 10:00 – 11:30           | <b>Kosokun dai</b> (brown belt)        | < 1. Kyu     | <b>Chinto</b> (4.Dan)          | > 1. Kyu  | <b>Shukokai Kihon &amp; Kumite basics</b> | Kids      |
| 11:30 – 13:30           | Lunch                                  | individually |                                |           |                                           |           |
| 13:30 – 15:00           | <b>Pinan yondan &amp; Hoke kumite</b>  | kids         | <b>Bassai dai</b> (brown belt) |           | <b>Bassai Sho</b> (2.Dan)                 | > 1. Kyu  |
| 15:15 – 16:45           | <b>Matsumura Bassai</b> (5.Dan)        | > 1.Dan      | <b>Tensho</b> for kids         | kids      | <b>Jitte</b> (2.Dan)                      | < 1. Kyu  |

| TIME<br><i>15.06.25</i> | KAMOHARA Sensei<br>(Zone 1)                             | For whom? | CASEY Sensei<br>(Zone 2)               | For whom? | TAKIGAURA Sensei<br>(Z 3) | For whom? |
|-------------------------|---------------------------------------------------------|-----------|----------------------------------------|-----------|---------------------------|-----------|
| 09:00 – 09:30           | Presentation of certificates & gifts                    | all       |                                        |           |                           |           |
| 09:30 – 09:45           | <b>Warming up</b>                                       | all       |                                        |           |                           |           |
| 10:00 – 11:30           | <b>Naihanshi shodan</b> (brown belt)                    | < 1. Kyu  | <b>Pinan sandan &amp; Hoke kumite</b>  | kids      | <b>Niseishi</b> (3.Dan)   | > 1. Kyu  |
| 11:30 – 12:00           | Lunch                                                   |           |                                        |           |                           |           |
| 12:00 – 13:30           | <b>Ippyaku rei hachi</b> (5.Dan)                        | > 1. Kyu  | <b>Matsukaze</b> (short) + selfdefence | < 3.Kyu   | <b>Selfdefence</b>        | Kids      |
| 13:30 – 14:15           | <i>Questions &amp; Sayonara<br/>Photos + Signatures</i> |           |                                        |           |                           |           |

## Explanation

- our distribution is structured by age and graduation
- if your don't resemble to one of the categories you are free to choose

All

Kids (till 12 years)

$< / = 1$ . Kyu (deeper than & equal)

$> / = 1$ . Kyu (higher than & equal)

Friday, *13.06.25.*, blackbelt training: Kata Hakucho & Bunkai