**LITHUANIAN JKA KARATE ASSOCIATION**

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**Gasshuku 2023 Lithuania, Šiauliai Vilniaus str. 297**

**There will be a global standartisation by JKA WF guideline**

With sensei Daniel Lautier (7 dan)

**PROGRAME:**

**2023 04 15 ( Saturday )**

**Kihon ( kizami, gyaku, oizuki,sanbon renzuki, uke, geri), Kata( Shintei) and Kumite**

**(Gohon Kumite, Kihon Ippon Kumite ) by JKA WF standarts**

* 11.00-12.30 9-6 KYU
* 13.00-14.30 5 KYU- DAN

14.30-15.30 BREAK

* 16.00-17.30 9-6 KYU
* 17.45-19.15 5 KYU – DAN

**2023 04 16 ( Sunday )**

**Kihon( from 1st Dan, 2nd Dan, 3rd Dan, 4th Dan) Kata( Sentei) and Kumite( Jiyu Ippon Kumite ) by JKA WF standarts**

* 10.00-11.30 9-6 KYU
* 11.45-13.15 5KYU –DAN

13.30-14.45 BREAK

* 15.00-17.00 5 KYU- DAN
* 17.30 - 1;2;3 DAN GRADING
* . **Price of seminar: 10-9-8-7 Kyu 25 EUR**

**From** **6 Kyu 30 EUR**