**LITHUANIAN JKA KARATE ASSOCIATION**

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**Gasshuku 2024 Lithuania, Šiauliai Vilniaus str. 297**

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

With sensei Daniel Lautier (7 dan)

**PROGRAME:**

**2024-04-20 ( Saturday )**

**Kata – SHINTEI KATA - Heian 1- 5, Tekki 1;**

**SENTEI KATA – Bassai Dai, Kanku Dai, Jion, Enpi, Hangetsu;**

**Gankaku by JKA WF standarts**

**Kumite - Gohon Kumite, Kihon Ippon Kumite, Jiyu 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

**2024-04-21 ( Sunday )**

**Kata – SHINTEI KATA - Heian 1- 5, Tekki 1;**

**SENTEI KATA – Bassai Dai, Kanku Dai, Jion, Enpi, Hangetsu;**

**Gankaku by JKA WF standarts**

**Kumite - Gohon Kumite, Kihon Ippon 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 30 EUR**

**From** **6 Kyu 40 EUR**

**DAN 50 EUR**