

GASSHUKU 2017 - WTKF INTERNATIONAL SUMMER CAMP
"Back to the origins - historical and technical aspects of traditional karate-do"

PROGRAMME

16 August (Wednesday) – 20 August (Sunday) 2017

DATE	DAY SUBJECT	10:30 – 13:00	15:30 – 18:00	19:00	20:00 - 21:30
Wednesday (16 August)	KATA	OPENING TRAINING (2 blocks)	TRAINING (2 blocks, rotation)	PZKT Board of Directors Meeting dojo: conference room	Free individual training for Gasshuku attendees
Thursday (17 August)	KUMITE	TRAINING (2 blocks)	TRAINING (2 blocks, rotation)	WTKF Board of Directors Meeting dojo: conference room	Free individual training for Gasshuku attendees
Friday (18 August)	APPLICATION JUDGES	TRAINING (2 blocks)	TRAINING (2 blocks, rotation) DAN Preparation	WTKF Board of Directors Meeting (Technical) dojo: conference room	Free individual training for Gasshuku attendees
Saturday (19 August)	JUDGES' EXAMINATION	TRAINING (1 block) MOTIVATIONAL LECTURE by Mr. Dariusz Sikorski: "Think big - open your mind"	TRAINING (1 block, rotation) DAN EXAMINATIONS		20:00 SAYONARA PARTY
Sunday (20 August)		CONCLUSION (10:00-11:30)			

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.