

MALTA KARATE FEDERATION

Training Seminar – January 2015

Visiting Instructor : Maestro Torre – 7th Dan



Friday 23rd January 2015		De La Salle Dojo - Cottonera
1600 – 1730hrs	Shito – Ryu Group	REVIEW KATAS FROM PREVIOUS SESSIONS to determine exact performance and highlight important points not to be neglected Chatanyara Kushanku + Papuren + Tomari no Bassai + Matsumura no Bassai
1730 - 2000hrs	Athletes Group	PHYSICAL PREPARATION With Control of Exercises
2000 - 2130hrs	Group A + Athletes Group	NEW KATA FROM OTHER STYLE – PAIKU (Ryuei-Ryu) To enrich our cultural appreciation and technical understanding
Saturday 24th January 2015		De La Salle Dojo - Cottonera
0930 - 1130hrs	Athletes Group	SPECIAL KIHON & REVIEW OF THREE KATAS VERY POPULAR IN COMPETITION EVENTS Unsu + Kanku-Sho – Gankaku
1145 - 1300hrs	Shito – Ryu Group	CONTINUED REVIEW OF KATAS FROM PREVIOUS SESSIONS Chatanyara Kushanku + Papuren + Tomari no Bassai + Matsumura no Bassai
1630 - 1900hrs	Group A + Athletes Group + Good Brown Belts	SPECIAL KIHON + CONTINUE NEW KATA FROM OTHER STYLE + KUMITE NO HENKA WAZA
Sunday 25th January 2015		De La Salle Dojo - Cottonera
0900 - 1030hrs	Mass Session – ALL Groups	TRAINING CONTENT FOR THIS SESSION TO BE DECIDED THERE AND THEN ON SITE
1100 - 1330hrs	Group A + Athletes Group	KIHON + BUNKAI Bunkai of GANKAKU

GROUP A: Technical Grades (*Dojo Chos + Assistants*)
Black Belts
Good Brown Belts (*12 years and over*)

NB: *Dojo Chos and their Assistants may also attend all sessions for the Athletes Group if they wish – ideal for reviewing material and honing their teaching skills*

ATHLETES GROUP: Competition Athletes who competed in Poland or Luxembourg

Other promising Athletes

NB: Athletes can only join Group A Sessions if they are Brown (or above) belts, 12 years old and over and of a good technical level

SHITO-RYU GROUP: Karatekas with special interest in and previous knowledge of Shito-Ryu Katas