



## Malta Karate Federation

Training Seminar with Sensei Giuseppe Bartolo 5<sup>th</sup> Dan  
*With special emphasis on athletes competing in Scotland*  
8<sup>th</sup> - 10<sup>th</sup> April 2016 – La Salle Sports Complex, Birgu

### Programme

- Group 1 Beginners & Intermediates (9 yrs up, yellow belts Up)
- Group 2 National pool kumite athletes
- Group 3 Seniors, dojo chos & assistants, adults (blue belts up), referees & judges

#### **Friday, 8<sup>th</sup> April 2016**

- 17:30-19:00 Group 1
- 19:15-21:00 Group 2 & 3: National Kumite Pool emphasis on perfecting of the kihon of kumite and its tactical application.

#### **Saturday, 9<sup>th</sup> April 2016: Morning sessions**

- 09:00-10:30 Group 1
- 11.00-12.30 Group 3 Adults Kumite Class: training and teaching methodology

#### **Saturday, 9<sup>th</sup> April 2016: Afternoon sessions**

- 16:00-18:00 Group 2: National Pool training & Group 3 - emphasis on reactions, timing. distance drills + SPARRING
- 18:00-19:00 Conditioning work + Plyometrics including recovery work and gentle stretching at the end

#### **Sunday, 10<sup>th</sup> April 2016: Competition simulation**

- 09:00-10:30 Group 1
- 10:45:12:00 National Pool Group + Group 3 : More Drills
- 12:00-12:45 Actual sparring / Competition with points (practice for Referees and Judges as well – Sensei AZ to co-ordinate)

*The personal information provided in this application form shall be processed in accordance with the provisions of the Data Protection Act (Cap. 440 of the Laws of Malta) and solely processed for the purpose(s) of organizing this Summer Training Camp. Your personal information will not be disclosed to third parties without your express consent unless this will be strictly required by law.*

