



Malta Karate Federation

Training Seminar with Sensei Giuseppe Bartolo 5th Dan

22nd - 24th September 2017 – La Salle Sports Complex, Birgu

Programme

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

Friday, 22nd September 2017

- 17:30-19:00 Group 1: Beginners + Intermediates 9 yrs up Yellow belts up
- 19:15-21:00 Group 2 & 3: National Kumite Pool emphasis on perfecting of the kihon of kumite and its tactical application. **30 minutes Sparring – Different Situations. Recovery stretching –cooling down**

Saturday, 23rd September 2017: Morning sessions

- 09:00-10:30 Group 2 & 3: Conditioning work + Plyometrics including recovery work and gentle stretching at the end
- 11.00-12.30 Group 1: Beginners & Intermediates

Saturday, 23rd September 2017: Afternoon sessions

- 16:00-18:30 Group 2: National Pool training & Group 3 - Emphasis on Throws and Sweeps applicable to current WKF Rules. **30 minutes Sparring – Different Situations. Recovery stretching –cooling down**

Sunday, 24th September 2017: Competition simulation

- 09:00-10:30 Group 1: Beginners + Intermediates
- 10:45 -12:00 National Pool Group + Group 3 : Group Sparring – different situations
- 12:00-12:45 **Actual sparring / Competition with points (practice for Referees and Judges as well – Sensei AZ to co-ordinate) Recovery stretching –cooling down**

