



Malta Karate Federation

Training Seminar with Sensei Giuseppe Bartolo 5th Dan

24th - 26th March 2017 – 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, 24th March 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.

Saturday, 25th March 2017: Morning sessions

09:00-10:30 Group 1: Beginners + Intermediates

11:00-12.30 Group 3 Adults Kumite Class: training and teaching methodology

Saturday, 25th March 2017: 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 + Plymetrics including recovery work and gentle stretching at the end

Sunday, 26th March 2017: Competition simulation

09:00-10:30 Group 1: Beginners + Intermediates

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)

