

## Mo. Santo Torre Karate Seminar July 2019 ( 12-13-14)

ALL LESSONS WILL BE HELD AT LA SALLE - BIRGU

FRIDAY - 12 July 2019	9:30	12:00	Chosen Elite Team	Specific Work
FRIDAY	17:00	19:00	Chosen Elite Team	Specific Work
FRIDAY	19:30	21:00	Elite-Brown-Black-Referees	Part 1 Chibana Kushanku
SATURDAY -13 July 2019	9:00	11:00	Chosen Elite Team	Specific Work
SATURDAY	11:00	12:30	YELLOW till BLUE	
SATURDAY	16:00	18:30	Elite-Brown-Black-Referees	Part 2 Chibana Kushanku
SUNDAY -14 July 2019	9:00	11:00	Chosen Elite Team	Specific Work
SUNDAY	11:00	13:00	Elite-Brown-Black-Referees	Deeping of important point of Chibana Kushanku

1	YELLOW BLUE
4	Chosen Elite Team
3	Elite-Brown-Black-Referees

**THE PARTICIPATION OF THE REFEREES IS VERY IMPORTANT**

ONLY FOR CHOSEN ELITE TEAM WE WILL TREAT THE FOLLOWING KATA:  
 GANKAKU - UNSU - SAN SAI - ANNAN - CHIBANA KUSHANKU - CHATAN YAHARA KUSHANKU  
 AND SPECIAL KIHON FOR AGONISTS