

# Programma Karate e Relax 2019



## Thursday 11th July:

14,00 Accommodation in the rooms;

15,00 Meeting and Opening of Seminar

15,05-16,00 - Kumite **Maniscalco - Maestri**

16,00-16,50 - Kata Heian up to Blue belt **Valdesi**

17,00-18,00 - Kata Brown and Black belts **Valdesi - Quintero**

## Friday 12th July:

08,30-09,30 - Kata up to Blue belt **Quintero**

09,40-10,40 - Kumite **Leal**

10,45-11,45 - Kata Brown and Black belts **Valdesi**

15,00

## Opening Ceremony of 10th edition of Karate & Relax

15,30-16,30 - Kumite **Talarico**

16,30-17,20 - Kata Heian, up to Blue belt **Valdesi**

17,30-18,30 - Kata Brown and Black belts **Valdesi**

## Saturday 13th July

08,30-09,30 Kumite

09,30-10,15 Kata up to Blue belt **Valdesi**

10,15-11,15 Kata Brown and Black belts **Quintero**

16,00-17,00 Kata **Valdesi - Quintero**

17,00-18,00 Kumite Brown and Black belts **Leal - Maestri**

18,30

## Official Photo & Lottery of Prizes - Anfiteatro -

## Sunday 14th July

10,00-11,00 Kumite

11,00-12,00 Kata

12,00: **Closing Ceremony**

During the seminar the groups will be divided by Belts.