

# Karate & Relax 2024

**PROGRAM K&R TARVISIO 4th - 7th January 2024**

## **Thursday 4th January**

**Arrival at "Hotel Il Cervo" di Tarvisio (UD) Italy, via Priesnig 72 , Registration from 11:00, Lunch at 13:00, Hotel Accomodation from 14:00.**

**Ore 17:00- 7:30 Seminar Opening and Presentation of the Instructors (Sport Venue Tarvisio)**

17:30 - 18:30 Kata (VALDESI - QUINTERO)

18:30 - 19:30 Kumite ( TERLIUGA - TALARICO)

Ore 20,30 Dinner

## **Friday 5th January**

09:00 - 10:15 Kata (VALDESI - QUINTERO)

10:30 – 11:45 Kumite (TERLIUGA - TALARICO)

13,00 Lunch

17,00 – 18,00 Kumite (TERLIUGA - TALARICO)

18:15 – 19:30 Kata (VALDESI - QUINTERO)

20:30 Dinner

Extra: Lunch or Dinner "BAITA MONTE LUSSARI at 1850 mt" (By reservation - Extra Payment)

## **Saturday 6th January**

08:30 - 09:45 Kata (VALDESI - QUINTERO)

09:45 - 11:00 Kumite (TERLIUGA - TALARICO)

13:00 Lunch

**15:00 - 16:00 - Seminar New Rules WKF 2024 - KATA e KUMITE**

17:00 – 18:00 Kata (VALDESI - QUINTERO)

18:00 – 18:15 Group Picture

18:15 – 19:30 Kumite (TERLIUGA - TALARICO)

20:30 - Dinner

22:00 - Farewell Party e Lottery Ju-te/Adidas - K&R

## **Sunday 7 th January**

**9:00 - TIKIL RANDORI GAMES (Separate registration to be paid on site - 20.00 Euro)**

N.B. The Program may undergo changes based on the needs of the organization. The lessons will take place at the Venue Palazzetto dello Sport in Tarvisio, if for organizational reasons the TIKIL Randori Games (training dedicated to technical round robin exchanges in Kumite and Kata) will not be organised, in this case Sunday morning 7 January 2024 will be dedicated to Kata/Kumite training.

