

Karate & Relax 2025

PROGRAM K&R TARVISIO 3th - 6th January 2025

FRIDAY 3th 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- 17:30 Seminar Opening and Presentation of the Instructors(Sport Venue Tarvisio)

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

18:30 - 19:30 Kumite (TALARICO)

Ore 20,30 Dinner

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

SATURDAY 4th January

09:30 - 10:30 Kata (VALDESI - COLAIACOMO)

10:30 – 11:45 Kumite (TALARICO)

13,00 Lunch

17,00 – 18,00 Kumite (TALARICO)

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

20:30 Dinner

SUNDAY 5th January

09:30 - 10:30 Kata (VALDESI - COLAIACOMO)

10:30 - 11:30 Kumite (TALARICO)

13:00 Lunch

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

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

18:00 – 18:15 Group Picture

18:15 – 19:30 Kumite (TALARICO)

20:30 - Dinner

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

MONDAY 6 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.

