

# Karate & Relax 2023

**PROGRAM K&R TARVISIO 5th - 8th January 2023**

## Thursday 5th 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 - QUINTERO)

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

Ore 20,30 Dinner

## Friday 6th 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)

Ore 20,30 Dinner

**LUNCH "BAITA MONTE LUSSARI at 1850 mt" (by reservation - extra payment)**

## Saturday 7th January

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

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

Ore 13,00 Lunch

**ORE 15:00 - 16:00 - Seminar New Rules WKF 2023 - KATA e KUMITE**

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

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

19,30 – 20,00 - **OFFICIAL PICTURES AND GUESTS PRESENTATION**

20,30 Dinner

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

## Sunday 8th January

10:00 - 11:15 Kata (KATA)

11:30 – 12,45 Kumite (KUMITE)

NOTE: THE PROGRAM CAN BE CHANGED ON THE NEEDS OF THE ORGANIZATION

