

---

# *Karate & Relax 2020 - Program*

---



## **Thursday 09th July:**

14,00 - Accommodation in the rooms;

15,00 - Meeting and Opening of Seminar

15,15 - 16,15 - Kumite: **Maniscalco - Maestri**

16,15 - 17,00 - Kata Heian up to Blue belt: **Valdesi**

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

## **Friday 10th July:**

08,30 - 09,30 - Kata up to Blue belt: **Bastante**

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

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

### **15,00 - Opening Ceremony**

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 belt: **Valdesi**

## **Saturday 11th July**

08,30 - 09,30 Kumite

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

10,15 - 11,15 Kata Brown and Black belt: **Bastante**

16,00 - 17,00 Kata: **Valdesi - Bastante**

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

### **18,30 - Official Photo & Lottery of Prizes**

## **Sunday 12th July**

10,00 - 11,00 Kumite

11,00 - 12,00 Kata

### **12,00 - Closing Ceremony**