



18th Winter Gasshuku: 01 - 03 December 2023, Bratislava

Provisional Training Plan

Subject to change at the discretion of the organisers!

ungraded	Ju, Kyu	Hachi, Nana	Roku, Go	Yon	San	Ni	Ichi	Sho	-	Yon
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Friday, 01.12.2023

19:00 - 20:30

Kihon Sensei Raoul (assisted by Senseis Mike, Igor, Ilona)										
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Saturday, 02.12.2023

08:15 - 09:15

NIDAN+ ONLY ! ----->								Seisan Kata Sensei Raoul		
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09:30 - 10:00

Junbi undo Sensei Raoul (assisted by Senseis Mike, Igor, Ilona)										
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10:15 - 11:15

Bunkai Gekisaidai I & II	Pad work variations	Zenkutsu combinations	Kururunfua Kata Kihon Bunkai & Oyo
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11:30 - 12:30

Pad work variations	Bunkai Saifa	Tora Guchi applications	Zenkutsu combinations
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12:30 - 15:00

LUNCH BREAK

15:00 - 15:50

Zenkutsu combinations	Kakie & Bunkai	Bunkai Seyuinchin	Pad work variations
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16:05 - 16:55

Gekisai Dai Oyo Bunkai	Zenkutsu combinations	Pad work variations	Iri kumi workshop
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17:10 - 18:00

Same hand block hand	Saifa Kata, Seiyunchin Kata	One-hand pads training	Sepai Kata Kihon Bunkai (time allowing)
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19:00 -

DINNER

Sunday, 03.12.2023

08:45 - 09:45

SANDAN+ ONLY ! ----->								Pichurin Kata Sensei Raoul		
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10:00 - 10:20

Junbi undo Sensei Raoul (assisted by Senseis Mike, Igor, Ilona)										
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10:25 - 11:15

Saifa Kata	Same hand block hand	Kakie & Bunkai	One-hand pads training
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11:25 - 12:15

One-hand pads training	Saifa Kata Oyo Bunkai	Iri kumi workshop	Sanseru Kata & Bunkai
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12:25 - 13:15

Ippon Kumite Yakusoku Kumite	One-hand pads training	Sanseru Kata	Bunkai Shisochin
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13:30 - 14:00

SURPRISE PACKAGE Sensei Raoul (assisted by Senseis Mike, Igor, Ilona)										
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14:30 - 17:00

Grading Tests Grading Panel										
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	Sensei Raoul
	Sensei Mike
	Sensei Igor
	Sensei Ilona