



WKF KUMITE SEMINAR **WAYNE OTTO 5 DAN (GREAT BRITAIN)**

Organized by: Lithuanian Karate Association (LKA) www.wkf.lt
Sports klub "Baltasis tigras" www.btigras.lt

Location: Vasario 16-osios st. 30 (Siauliai University sports hall)

Date: 17-18 October 2015.

Wayne Otto, the nine-time World and European WKF champion, 5 Dan master, visits Lithuania in order to share his training techniques with karatekas of our country, to reveal strategic and tactical aspects of kumite. Thanks to these techniques the master has achieved the best results and became what he is today

Schedule of the seminar workouts:

17 10 2015 (Saturday)

First workout

11:00 – 12:00 9 kyu – 4 kyu

12:00 – 13:00 3 kyu - Dan

A break of 10 minutes after the first hour of the workout

Second workout

16:00 – 17:30 9 kyu - Dan

A photo shoot of 15 minutes after the workout

18 10 2015 (Sunday)

First workout

11:00 – 12:00 9 kyu – 4 kyu

12:00 – 13:00 3 kyu - Dan

A break of 10 minutes after the first hour of the workout

Second workout

16:00 – 17:30 9 kyu - Dan

A photo shoot of 15 minutes after the workout



Seminar fee 40 euro

Notes:

All participants must wear dental protection (moulds), WKF gloves, leg protection at their own discretion. Only persons who paid for the seminar will be allowed to enter the sports hall. Spectators are not allowed. Taking photos and video is prohibited during seminar.

All participants of the International Practical-Educational Seminar will get certificates.

Accommodation:

For accommodation please contact Egidijus Daknys 4 Dan, the president of the sports club "Baltasis tigras" tel. +370 61138210, email: btigras@gmail.com

**INTERNATIONAL PRACTICAL – EDUCATIONAL KARATE SEMINAR
WAYNE OTTO 5 DAN (GREAT BRITAIN)**

Registration sheet

Country, City _____

Club _____

Contact Person _____

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