



WKF KUMITE SEMINAR

ARKANIA GOGITA (GEORGIA)

Organized by : Lithuanian Karate Association (LKA) www.wkf.lt
Sport klub „Baltasis tigras” www.btigras.lt

Location: Pramonės st. 13, Siauliai, Lithuania
Date: 13-14 May 2017

Arkania Gogita, the World WKF champion, visits Lithuania in order to share his training techniques with karatekas of our country, to reveal strategic and tactical aspect of kumite. Thanks to these techniques the master has achieved the best results and became what he is today.

Schedule of the seminar workouts:

13 05 2017 (Saturday)

First workout:

11:00 – 12:30 8-13 age.
12.30 – 14.00 14-15 age, 16 -17 age, 18 age+

Second workout:

17:00 – 18:30 8-13 age.
18:30 – 20:00 14-15 age, 16 -17 age, 18 age +

13 05 2017 (Sunday)

First workout:

10:00 – 11:30 8-13 age.
11:30 – 13:00 14-15 age, 16 -17 age, 18 age +

Second workout:

16:00 – 17:30 8-13 age
17.30 – 19.00 14-15 age, 16 -17 age, 18 age +

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.
- Only persons who paid for the seminar will be allowed to enter the sports hall.
- Taking photos and video is prohibited during seminar.
- All participants of the international practical- education seminar will get certificate..

Registration: registration will be accepted till 11 May, 2017. Registration forms should be send by e –mail: btigras@gmail.com

Contact: Egidijus Daknys, phone: +370 611 38210



Lietuvos karatė asociacijos prezidentas

Vidmantas Butnorius

