



JKA 社団法人日本空手協会
JAPAN KARATE ASSOCIATION
WORLD FEDERATION
MIDDLE EAST - KUWAIT

JKA Kuwait Training camp

25th OCT to 01st NOV 2019

| | |
|---------------------------------|--|
| Name: | |
| Date Of Birth: | |
| Age: | |
| Gender: | |
| Height: | |
| Weight: | |
| Mobile: | |
| JKA Branch name: | |
| Current Kyu (Grade + color): | |

Tournament:

- Kumite
 Kata and Kumite

Exam :

- Yes If yes, please specify Kyu (Grade): _____
 No



Training camp Schedule

Oct, 2019

| Times / Days Training | 25 OCT FRI | 26 OCT SAT | 27 OCT SUN | 28 OCT MON | 29 OCT TUE | 30 OCT WED | 31 OCT THU | 01 NOV FRI |
|--|--|--|---|--|--|--|--|------------------------------|
| Beginners White belt Yellow Orange Green | 15:00 - 16:30 KIHON Body movement | 15:00 - 16:00 Shodan Nidan | 17:00 - 18:00 Hian Sandan Gohan Kumite | 17:00 - 18:00 Kumite | 17:00 - 18:30 Selected team only | 17:00 - 18:30 Selected team only | 17:00 - 18:30 Selected team only | Tournament OR Training |
| Intermediate Blue Purple brown black belt | 16:45 - 18:15 KIHON Focus Geri | 16:10 - 17:10 Yondan Godan | 18:10 - 19:10 Tekki Shodan Ippon Kumite | 18:10 - 19:10 Jiyu Kumite | X | X | X | Tournament OR Training |
| Advance Black belt | 19:30 - 20:30 KIHON dan exam revision | 17:30 - 19:00 Bassai Dai Jion (all black) | 19:20 - 20:30 Eapi (all black) | 19:20 - 20:30 selected team only | 19:30 - 20:30 Jitte | 19:30 - 20:30 Bassai Sho | 19:30 DAN EXAM | Tournament OR Training |