

# Sadashige Kato Shihan 9 Dan

## International Karate Seminar

# 2013



Lithuanian Karate Association invites to participate in an international two day practical, training and examination seminar with one of the most famous and the best modern karate master, IJKA Chief Instructor – **Sadashige Kato Shihan 9 Dan.**



**Organizer:** Lithuanian Karate Association – IJKA member

**Date:** 11-12 May, 2013

**Location:** „Balsių poilsiavietė“, Balsių k., Akmenės r. sav., Lithuania

More information: [www.balsiai.lt](http://www.balsiai.lt)

56.0940, 22.5820 (WGS coordinates)

**Entry fee:** 30 EUR

**Accommodation with full board:** 20 EUR

**Registration:** [volkovasrolandas@gmail.com](mailto:volkovasrolandas@gmail.com)

**More information:**

V. Butnorius, phone +370 698 33 379

R. Volkovas, phone +370 616 73 020



**President of the  
Lithuanian Karate Association**

*Vidmantas Butnorius*



## Seminar schedule

### 2013-05-11 (Saturday)

- 10:00 – 10:45 Registration and accommodation process  
11:00 – 12:00 Training course 9-4 kyu  
12:00 – 12:15 Break time  
12:15 – 13:45 Training course 3 kyu and Dan  
14:00 – 14:30 Lunch  
14:30 – 16:00 Free time  
16:00 – 17:00 Training course 9-4 kyu  
17:00 – 17:15 Break time  
17:15 – 18:15 Training course 3 kyu and Dan  
18:30 – 19:00 Dinner  
19:30 Dan exams (only for seminar participants)  
20:30 Disco  
22:45 Evening snacks  
23:00 Sleeping time

### 2013-05-12 (Sunday)

- 09:00 – 09:20 Breakfast  
10:00 – 11:00 Training course 9-4 kyu  
11:00 – 11:15 Break time  
11:15 – 12:45 Training course 3 kyu and Dan  
13:00 – 13:30 Lunch  
13:30 – 15:00 Free time  
15:00 – 16:00 Training course for all 9 kyu-Dan  
16:00 – 16:20 Photo session  
16:30 – 17:30 Training course 3 kyu and Dan  
17:45 – 18:00 Dinner  
18:00 – 18:30 Departure

