



INTERNATIONAL JAPAN KARATE ASSOCIATION – BULGARIA

ORGANIZE

**Shotokan Karate Do Seminar with the members
of the IJKA Technical Committee**

September 27–28, Plovdiv

Instructors:



Latchezar Nenov
6th dan, Director of IJKA
Technical Committee,
Chief instructor
of IJKA Bulgaria



Gligor Gligoroski
5th dan, Head of
Technical Development
Section at IJKA
Technical Committee,
Chief instructor
of IJKA Macedonia

**Topic: Connecting Kihon, Kata and Kumite
in Shotokan Karate Do**

Program:

09.27.2024	
10–11 a.m.	9-4 kyu divided into groups by grades: Shotokan kihon and kumite
11–12 a.m.	brown and black belts: Shotokan kihon and kumite
4–5 p.m.	9-4 kyu divided into groups by grades: Heian kata, Bunkai
5–6 p.m.	brown and black belts: Chinte – Bunkai
09.28.2024	
10–11 a.m.	9-4 kyu divided into groups by grades: Shotokan kihon and kumite
11–12 a.m.	brown and black belts: Shotokan kihon and kumite
12:30 p.m.	exam for Dan grades by prior request
4–5 p.m.	9-4 kyu divided into groups by grades: Heian kata, Tekki shodan, Bunkai
5–6 p.m.	brown and black belts divided by grades: Shotokan kata and Bunkai
09.29.2024	Shiseikan International Shotokan Karate Tournament

Sports Hall "Olympiada"

<https://maps.app.goo.gl/NKwTv9Y8JsQ2dJaq8>

Participation fee: BGN 120

One workout: BGN 40

Participation fees are paid in cash.

Registration and participation contributions on Friday and Saturday from 9:30 a.m. in the hall.