**БЪЛГАРСКА КАРАТЕ КИОКУШИН ФЕДЕРАЦИЯ**

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**PROGRAM**

**FOR THE SEMINAR WITH SHIHAN KENJI YAMAKI AND SENSEI ZAHARI DAMYANOV - 04.11 - 06.11.2019**

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| 04.11  Monday | after 13:00 | Accomodation hotel „Primorski“/hotel „Astor Garden“ |
| 15:30 | Transfer for iaido training |
| 16:00 - 17:00 | Iaido training – Shihan Asen Asenov |
| 16:30 | Transfer to Palace of culture and sport |
| 17:00 – 18:30 | Training – Shihan Kenji Yamaki, Sensei Zahari Damyanov |
| 19:30 – 21:00 | Dinner |
|  |  |  |
| 05.11  Thursday | 07:30 – 08:30 | Breakfast |
| 08:30 | Transfer for iaido training |
| 09:00 – 10:00 | Iaido training – Shihan Asen Asenov |
| 09.30 | Transfer to Palace of culture and sport |
| 10:00 - 11:30 | Training – Shihan Kenji Yamaki, Sensei Zahari Damyanov |
| 12:00 – 14:00 | Lunch |
| 15:30 | Transfer for iaido training |
| 16:00 - 17:00 | Iaido training – Shihan Asen Asenov |
| 16:30 | Transfer to Palace of culture and sport |
| 17:00 – 18:30 | Training – Shihan Kenji Yamaki, Sensei Zahari Damyanov |
| 19:30 – 21:00 | Dinner |
|  |  |  |
| 06.11  Wednesday | 07:30 – 08:30 | Breakfast |
| 08:30 | Transfer for iaido training |
| 09:00 – 10:00 | Iaido training – Shihan Asen Asenov |
| 09.30 | Transfer to Palace of culture and sport |
| 10:00 - 11:30 | Training – Shihan Kenji Yamaki, Sensei Zahari Damyanov |
| 12:00 – 14:00 | Lunch |
| 15:30 | Transfer for iaido training |
| 16:00 - 17:00 | Iaido training – Shihan Asen Asenov |
| 16:30 | Transfer to Palace of culture and sport |
| 17:00 – 18:30 | Training – Shihan Kenji Yamaki, Sensei Zahari Damyanov |
| 19:30 – 21:00 | Dinner |

*Instruktros:*

**Shihan Kenji Yamaki – 8 dan**

**Shihan Asen Asenov – 6 dan**

**Sensei Zahari Damyanov – 4 dan**