



KWU INTERNATIONAL PROFESSIONAL LEAGUE

戦士 SENSHI

Seminar program KWU International Professional League 01 - 04.12.2022

01.12 Thursday	from 13:30 to 18:00	Accommodation of all participants in a hotel "Azalia"
	19:00 – 22:00	Dinner - Hotel "Azalia"
02.12 Friday	07:00 – 08:00	Breakfast - Hotel "Azalia"
	08:00 – 08:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 1
	08:30 - 10:00	training MMA and BJJ - group 1
	10:00 - 10:30	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 1
	08:30 – 09:00	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall - group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) and the "Mladost" sports hall - group 3 (competitors up to 70 kg)
	09:00 – 10:30	KWU Professional League Seminar group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) - hall "SENSHI GYM" group 3 (competitors up to 70 kg) - "Mladost" sports hall
	10:30 – 11:00	Transfer of participants from the hall "SENSHI GYM" and "Mladost" sports hall to the hotel "Azalia"
	10:00 – 10:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 2
	10:30 - 12:00	training MMA and BJJ - group 2
	12:00 - 12:30	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 2
	12:00 – 13:30	Lunch - Hotel "Azalia"
	13:30 – 14:00	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall - group 3 (competitors up to 70 kg) and the "Mladost" sports hall - group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg)
	14:00 – 15:00	KWU Professional League Seminar group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) - "Mladost" sports hall group 3 (competitors up to 70 kg) - hall "SENSHI GYM"
	15:00 – 15:30	Transfer of participants from the hall "SENSHI GYM" and



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		"Mladost" sports hall to the hotel "Azalia"
	15:30 - 16:00	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 1
	16:00 - 17:30	training MMA and BJJ - group 1
	17:30 - 18:00	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 1
	17:00 - 17:30	Transfer of participants in the Iaido training from "Azalia" hotel to "SENSHI GYM" hall
	17:30 - 18:30	Iaido training for all karate instructors
	17:30 - 18:00	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 2
	18:00 - 19:30	training MMA and BJJ - group 2
	19:30 - 20:00	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 2
	18:00 - 18:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall - group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) and the "Mladost" sports hall - group 3 (competitors up to 70 kg)
	18:30 - 20:00	KWU Professional League Seminar group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) - hall "SENSHI GYM" group 3 (competitors up to 70 kg) - "Mladost" sports hall
	20:00 - 20:30	Transfer of participants from the hall "SENSHI GYM" and "Mladost" sports hall to the hotel "Azalia"
	20:30 - 21:30	Dinner - Hotel "Azalia"
	21:30 - 22:30	"Optimal nutrition and supplementation for fighters" - lecture with Belcho Hristov - "Azalia" hotel - lobby
03.12	07:00 - 08:00	Breakfast - Hotel "Azalia"
Saturday	08:00 - 08:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 1
	08:30 - 10:00	training MMA and BJJ - group 1
	10:00 - 10:30	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 1
	08:30 - 09:00	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall - group 3 (competitors up to 70 kg)



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		and the "Mladost" sports hall - group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg)
	09:00 – 10:30	KWU Professional League Seminar group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) - "Mladost" sports hall group 3 (competitors up to 70 kg) - hall "SENSHI GYM"
	10:30 – 11:00	Transfer of participants from the hall "SENSHI GYM" and "Mladost" sports hall to the hotel "Azalia"
	10:00 – 10:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 2
	10:30 - 12:00	training MMA and BJJ - group 2
	12:00 - 12:30	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 2
	10:30 – 12:00	Iaido training for all karate instructors
	12:00 – 12:30	Transfer of participants from the hall to the hotel "Azalia"
	12:30 – 13:30	Lunch - Hotel "Azalia"
	13:30 – 14:00	Transfer of all participants from hotel "Azalia" to the Sports hall
	14:00 – 15:30	KWU Professional League seminar in the Sports Hall all participants along with MMA and JJ
	15:30 – 16:00	Transfer of participants from the hall to the hotel "Azalia"
	17:15 – 18:00	Dinner - Hotel "Azalia"
	18:00 – 18:30	Transfer of all participants from hotel "Azalia" to the Sports hall
	19:00 - 23:00	SENSHI
	23:00 – 23:30	Transfer of participants from the hall to the hotel "Azalia"
04.12 Sunday	07:00 – 08:00	Breakfast - Hotel "Azalia"
	08:00 – 08:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 1
	08:30 - 10:00	training MMA and BJJ - group 1
	10:00 - 10:30	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 1
	08:30 – 09:00	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall - group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) and the "Mladost" sports hall - group 3 (competitors up to 70 kg)



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09:00 – 10:30	KWU Professional League Seminar group 1 (karate and kickboxing instructors) and group 2 (competitors over 70 kg) - hall "SENSHI GYM" group 3 (competitors up to 70 kg) - "Mladost" sports hall
10:30 – 11:00	Transfer of participants from the hall "SENSHI GYM" and "Mladost" sports hall to the hotel "Azalia"
10:00 – 10:30	Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall MMA and BJJ - group 2
10:30 - 12:00	training MMA and BJJ - group 2
12:00 - 12:30	Transfer of the participants from the "SENSHI GYM" hall to the "Azalia" hotel MMA and BJJ - group 2
11:30 – 13:00	Check – out

The organizers keep the right to change the program if necessary!



International Professional
League