

2023 WSKF INTERNATIONALS

Sunday, June 18- Wednesday, June 21

Theme: Pathway to Perfection

All content and times are subject to change. Some training times are duplicated to allow for family time flexibility.

Classes- Agenda

Sunday	3:00-5:00 pm	Open Deck, Training for All
	5:00-8:00 pm	Promotions
	After Promotions	Firepit/Social Gathering
Monday	6:00-7:00 am	Sunrise Training (optional)
	9:00-10:15 am	Basics
	10:45 am-12:00 pm	Basic Kata's
	12 :00-1 :00 pm	LUNCH
	1 :00-2 :15 pm	Basics
	2 :45-4 :00 pm	Basic Kata's
	7 :00-8 :30 pm	OR Kobudo (Bring own weapons) Session A-BREATHING (optional) OR Session B- HISTORY/MUSEUM (optional)
Tuesday	6:00-7:00 am	Sunrise Training (optional)
	7:15-8:30 am	Dojo Owners Meeting
	9:00-10:15 am	5 Steps to Understanding Karate-Do
	10:45 am-12:00 pm	Ippon Kumite
	12 :00-1 :00 pm	LUNCH
	1 :00-2 :15 pm	5 Steps to Understanding Karate-Do
	2 :45-4 :00 pm	Ippon Kumite
	7 :00-8 :30 pm	OR Kobudo (Bring own weapons) Session A-50 Plus (optional) OR Session B- Using Technology (optional)

Wednesday

6:00-7:00 am

9:00-10:15 am

10:45 am-12:00 pm

12 :00-1 :00 pm

1 :00-2 :15 pm

2 :45-4 :00 pm

6:00 pm- END

Sunrise Training (optional)

Naihanchis & Fighting Kata

Yakusoku

LUNCH

Naihanchis & Fighting Kata

Yakusoku

WSKF Banquet