## 戦士SENSHI

# Seminar program KWU International Professional League 01 - 04.12.2022

| 01.12    | from 13:30 to | Accommodation of all participants in a hotel "Azalia"                              |
|----------|---------------|--|
| Thursday | 18:00         |  |
|          | 19:00 - 22:00 | Dinner - Hotel "Azalia"  |
|          |               |  |
| 02.12    | 07:00 - 08:00 | Breakfast - Hotel "Azalia"   |
| Friday   | 08:00 - 08:30 | Transfer of the participants from the "Azalia" hotel to the                        |
|          |               | "SENSHI GYM" hall  |
|          | 00.20 10.00   | 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   |
|          | 08:30 - 09:00 | MMA and BJJ - group 1  Transfer of the participants from the "Azalia" hotel to the |
|          | 08.30 - 09.00 | "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  |
|          | 10:30 - 12:00 | MMA and BJJ - group 2<br>training MMA and BJJ - group 2                            |
|          | 12:00 - 12:30 | Transfer of the participants from the "SENSHI GYM" hall to                         |
|          | 12.00 - 12.30 | 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                                   |
|          | 15:00 – 15:30 | group 3 (competitors up to 70 kg) - hall "SENSHI GYM"                              |
|          | 13.00 - 13.30 | Transfer of participants from the hall "SENSHI GYM" and                            |

## 戦士SENSHI

|          |                                | "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  |
|          | 17.00 17.20                    | 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 - 18.30<br>17:30 - 18:00 | Transfer of the participants from the "Azalia" hotel to the   |
|          | 17.30 – 18.00                  | "SENSHI GYM" hall   |
|          |                                | MMA and BJJ - group 2   |
|          | 18:00 - 19:30                  | training MMA and BJJ - group 2  |
| 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   |
|          | 10.20 20.00                    | "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   |
|          | 00.20 10.00                    | 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  |
|          | 08:30 - 09:00                  | MMA and BJJ - group 1  Transfer of the participants from the "Azelia" botal to the                                |
|          | 06.30 - 09:00                  | Transfer of the participants from the "Azalia" hotel to the "SENSHI GYM" hall - group 3 (competitors up to 70 kg) |
|          |                                | SENSIN GIVE han - group 3 (compensors up to 70 kg)  |

## 戦士SENSHI

|        |               | and the "Madast" anoute hall group 1 (Iranata and   |
|--------|---------------|---|
|        |               | and the "Mladost" sports hall - group 1 (karate and   |
|        | 09:00 - 10:30 | kickboxing instructors) and group 2 (competitors over 70 kg)  KWU Professional League Seminar |
|        | 09.00 – 10.30 | 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                                       |
|        | 10.30 – 11.00 | "Mladost" sports hall to the hotel "Azalia"   |
|        | 10:00 – 10:30 | Transfer of the participants from the "Azalia" hotel to the                                   |
|        | 10.00 – 10.30 | "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                                    |
|        | 12.00 - 12.30 | 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                                |
|        | 13.30 11.00   | hall  |
|        | 14:00 – 15:30 | KWU Professional League seminar in the Sports Hall  |
|        | 14.00 13.30   | 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                                |
|        | 10.00         | hall  |
|        | 19:00 - 23:00 | SENSHI  |
|        | 23:00 - 23:30 | Transfer of participants from the hall to the hotel "Azalia"                                  |
|        |               |   |
| 04.12  | 07:00 - 08:00 | Breakfast - Hotel "Azalia"  |
| Sunday | 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  |
|        | 00.20 00.00   | 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)                                     |

## 戦士SENSHI

| - |               |   |
|---|---------------|---|
|   | 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