



**2015 National Championships
Fort Lauderdale, FL.**

**Kumite & Kata Course Schedule
Wednesday, July 15, 2015**

8:30AM – 9:00 AM	Sign-in, Submit red books
9:00 AM – 9:50 AM	Lecture (rules of Kata Competition)
9:50 AM – 10:10 AM	Kata written test
10:10 AM – 10:20 AM	Break
10:20 AM- 11:30 AM	Lecture (rules of Kumite Competition)
11:30 AM – 11:50 AM	Kumite written test
11:50 AM – 12:15 PM	Hand Signals and flag signals
12:15 PM – 1:15 PM	Lunch Break
1:15 PM- 2:00 PM	Criteria of different style of Kata (Kata Gi)
2:00 PM- 2:15 PM	Break
2:15 PM - 2:45 PM	Practice matches (Kumite)
2:45 PM – 3:45 PM	Practical evaluation (Kumite)
3:45 PM - 4:00 PM	Break
4:00 PM – 5:00 PM	Practical Examination (Kata)

Important:

Ongoing evaluation during course of tournament will continue and all of candidates will receive the certification at the end of championships.