



POLSKA UNIA KARATE TRADYCYJNEGO

Program Gasshuku

August 14-17, 2025, Dojo Stara Wieś

Thursday, August 14

3:00 PM - 6:00 PM: Arrival

6:00 PM - 8:00 PM: Dinner

8:30 PM - 9:30 PM: Opening Training / Justo Gomez, Paweł Janusz

Friday, August 15

7:05-8:00 AM Animal Flow / Rytis Bublevičius, Stretching / Katrin Kargbo

8:00 AM - 9:30 AM: Breakfast

10:05 AM - 11:00 PM: Training / Paweł Janusz

11:00 AM - 12:00 PM: Training / Justo Gomez

12:00 AM - 13:00 PM: Training / Włodzimierz Kwieciński

1:15 PM - 3:00 PM: Lunch

4:00 PM - 4:55 PM: Training / Michał Wroński

5:00 PM - 5:55 PM: Training / Justo Gomez

6:00 PM - 6:55 PM: Training / Gilberto Gaertner

7:00 PM - 8:30 PM: Dinner

9:00 - 10:00 PM **Training / Tomasz Jończyk**

Saturday, August 16

7:05-8:00 AM Animal Flow / Rytis Bublevičius, Stretching / Katrin Kargbo

8:00 AM - 9:30 AM: Breakfast

10:05 AM - 11:00 PM: Training / Daniel Iwanek

11:00 AM - 12:00 PM: Training / Justo Gomez

12:00 AM - 13:00 PM: Training / Włodzimierz Kwieciński

1:15 PM - 3:00 PM: Lunch

3:30 PM - 4:30 PM: Training / Justo Gomez

4:30-6:00 PM: Goodwill Tournament - Men's 18+ / Kumite, Kata

8:00 PM: Sayonara Party / dinner

Sunday, August 17

7:05-8:00 AM Animal Flow / Rytis Bublevičius

8:00 AM - 9:30 AM: Breakfast

10:30 AM - 12:00 AM: Closing Training / Gilberto Gaertner, Justo Gomez, Włodzimierz Kwieciński, Paweł Janusz

12:15 PM - 1:30 PM: Lunch and check-out

1:30 PM: Dan examination