



XIX INTERNATIONAL KARATE-DŌ SUMMER COURSE KASE HA SHŌTŌKAN RYŪ / CÁDIZ-SPAIN 5-8 JULY 2018

Sensei Dirk Heene
8th Dan

Sensei François Van Binst
6th Dan

Sensei Juan Pablo Delgado
6th Dan

加瀨派松濤館流

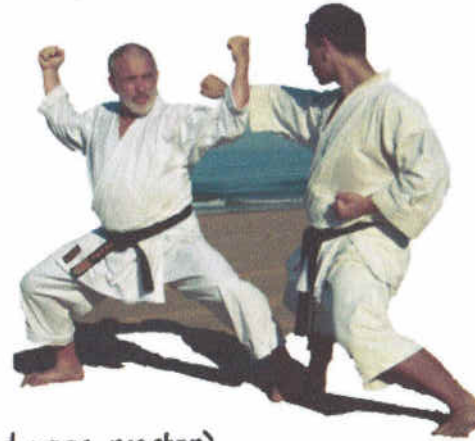
TRAINING:

Thursday, July 5
Sport Center "El Náutico"
18:15H: Registration
19 - 20H / 20 - 21H

Friday, July 6
8-9:30H: morning training at the beach-
Victoria Hotel
Sport Center "El Náutico"
19-20H / 20-21H

Saturday, July 7
Sport Center "Ciudad de Cádiz"
10-11:30H / 11:45-13:15H
18:30H: Grading
24:00-1H: night training at Cortadura Beach

Sunday, July 8
Sport Center "Ciudad de Cádiz"
10-11:15H / 11:30-12:30H
12:30-13:30H: Yoga for karate
Stretching and warming down with
Sensei Peter Taylor (4th Dan karate and yoga master)



Karate-Dō whole course: 50€ / 2 sessions: 25€ / 1 session: 15€



EXTRA ACTIVITIES:

- * Friday, July 7: Kayak (Sancti Petri)
- * Saturday, July 8: Dinner



* The organiser cannot be held responsible for any loss or injury that may occur during the course.



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