



加瀬派松濤館流

## XX INTERNATIONAL KARATE-DŌ SUMMER COURSE KASE HA SHŌTŌKAN RYŪ / CÁDIZ-SPAIN 4<sup>th</sup> - 7<sup>th</sup> JULY 2019

Sensei Dirk Heene 8<sup>th</sup>Dan Sensei François Van Binst 6<sup>th</sup>Dan Sensei Juan Pablo Delgado 5<sup>th</sup>Dan

Guest Instructors: Sensei Jim Martin 7<sup>th</sup>Dan and Sensei Pascal Petrella 6<sup>th</sup>Dan

### TRAINING:

#### THURSDAY, JULY 4

(18:15H: Registration)

19 - 20H / 20 - 21H

Sport Center "El Náutico"

#### FRIDAY, JULY 5

8 - 9:30H

At the beach (in front of Victoria Hotel)

19 - 20H / 20 - 21H

Sport Center "El Náutico"

#### SATURDAY, JULY 6

10 - 11:30H / 11:45 - 13:15H

Sport Center "Ciudad de Cádiz"

14:00H: Grading (Carballo Club)

0:00 - 1:00H

Midnight training at Cortadura Beach

#### SUNDAY, JULY 7

10 - 11:15H / 11:30 - 12:30H

Sport Center "Ciudad de Cádiz"

12:30-13:30H: Yoga

(Stretching and warming down with Sensei Peter Taylor  
4<sup>th</sup>Dan Karate-Dō and yoga master)

Karate-Dō whole course: 60€ / Weekend: 50€ / 1 day: 25€

**EXTRA ACTIVITIES:** Kayak: Friday, July 5 / Dinner: Saturday, July 6



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