



加瀬派松濤館流

XXIII INTERNATIONAL KARATE-DŌ SUMMER COURSE KASE HA SHŌTŌKAN RYŪ / CÁDIZ-SPAIN 11-14 JULY 2024

Sensei Dirk Heene 9thDan Sensei Juan Pablo Delgado 6thDan

Other Shihankai Instructors might join and teach.

TRAINING:

THURSDAY, JULY 11

(18:15H: Registration)

19:00-20:15H / 20:30-21:30H

FRIDAY, JULY 12

8:00-9:30H

At the beach

(in front of Victoria Hotel)

19:00-20:15H / 20:30-21:30H

SATURDAY, JULY 13

10:00-11:30H / 12:00-13:30H

14:30H: Grading (Carballo Club)

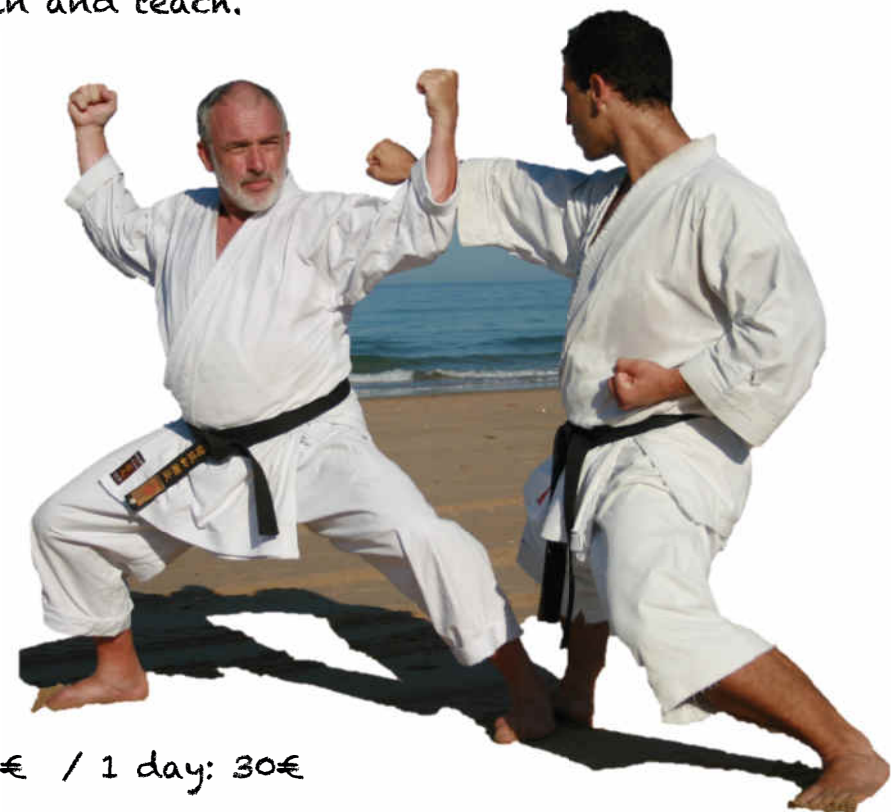
SUNDAY, JULY 14

10:00-11:30H / 11:45-13:00H

13:00-14:00H: Yoga for Karate-Dō

(Stretching and warming down with

Sensei Peter Taylor 4thDan Karate-Dō
and yoga master)



VENUE: El Nautico Club.

COURSE FEE: Karate-Dō whole course: 70€ / 3 days: 60 € / 2 days: 50€ / 1 day: 30€

EXTRA ACTIVITIES: Dinner course Saturday, July 13, 20:00H

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



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(+34) 956258803

Sports Center El Náutico (Filipinas Plaza)

Grading "Carballo Club"



Training July 12, 8:00-9:30H:
Victoria Beach
(In front of Playa Victoria Hotel)

	Oficina de Turismo / Tourism Office		Ferrocarril / Railroad
	Parada Bus / Bus Stop		Autobus / Bus
	Correos / Post Office		City Expert Services: Turísticos / City Expert-Tourist Services
	Establecimiento promocional / Promotional establishment		Area tour a pie / Walking tour area

AEROPUERTOS MÁS CERCANOS / CLOSEST AIRPORTS:

- Jerez de la Frontera: 45Km by car (highway AP-4) / Renfe cercanías (train station: Jerez aeropuerto to Cádiz): 45min approx.
- Sevilla: 128Km by car (highway AP-4) / Renfe (bus from the airport to train station and train: Sevilla Santa Justa to Cádiz) 1.45H approx.
- Málaga Airport: best and cheap option is to rent a car (225km).