



**AKKL**  
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## KYOKUSHIN SWISS FEDERATION

### SWISS WINTER CAMP IN DIABLERETS 2016

from Friday, November 4, from 17:00 to Sunday, November 6, at 12:00 approx.

Chalet "les Bosquets" the Diablerets (access map in the appendix. doc 3)

under the direction of guests shihans **Bertrand KRON 6<sup>ème</sup> dan** and  
 **Jérôme de TIMMERMAN 5<sup>ème</sup> dan** from IFKOK

full price of the course (including accommodation, food and training):

arrival on Friday 04	120 CHF	110 Euros	Payment: 2 options  1) On site at check  2) bank transfer	Banking Transfer  Account: AKKL Iban CH90 0900 0000 1002 0573 4
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- ✓ **rooms** : 4 or 6 beds rooms
  - Blankets, pillow and pillow case provided.
  - sheets not provided . **it's better if you Bring your own sleeping bag**
- ✓ **Meals:** at the cottage (see schedule on the General Programme Document 2.)
  - **Workouts:** Diablerets Sports Centre. approx. 700 m from the cottage
    - bring your running shoes

**Please note, Diablerets are in altitude. bring a tracksuit for commuting cottage-dojō**

**Possibility of arriving by train or car, view access and schedules on document 3**

**Deadline for registrations at October 28**

**Pay attention.** The number of places is limited. Register as soon as possible