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## KYOKUSHIN SWISS FEDERATION



### DIABLERETS SWISS WINTER CAMP 2017

from Friday, November 3, from 5 pm to Sunday, November 5, at around noon.

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

**under the direction of guests shihans Bertrand KRON 7<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 03	120 CHF	120 Euros	Payment: 2 options 1) On site at check 2) bank transfer	Banking Transfer Account: AKKL Iban CH90 0900 0000 1002 0573 4 Please mention Bosquets 2017
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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 23**

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