



**AKKL**  
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## **KYOKUSHIN SWISS FEDERATION**



### **DIABLERETS SWISS WINTER CAMP 2018**

from Friday, November 2, from 5 pm to Sunday, November 4, at around noon.

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

**under the direction of guests shihan Bertrand KRON 7<sup>ème</sup> dan  
and assisted by Tommaso Schirinzi 6 ° dan, Alexis Fréchin 4<sup>ème</sup> da, Charley Quinol 3<sup>ème</sup>  
dan from iFKOK**

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

arrival on Friday 02	120 Euros	Payment: 2 options  1) On site at check  2) bank transfer	Postfinance 3030 Berne Account: Académie de karate AKL 1024 Ecublens IBAN CH90 0900 0000 1002 0573 4 BIC: POFICHBEXXX Mention diablerets 2018
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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 2 Dgis and 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**

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

**Deadline for registrations at October 23**

**organization: académie de karate kyokushinkai lausanne. Shihan Henri Jotterand  
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