



From Friday 2 to Sunday 4 November 2018

## program – schedule

**Warning:** not otherwise specified, the participants are ready 5 minutes before the beginning of each workout, either in the room or outside the chalet

**transfert cottage -dojo, jogging 10 min max**

The course will works on the principle of the workshops.

The detailed program depends on the level of the participants.

wifi chalet, code: asdf9876

date	heure	Divers
friday evening	dinner 19:00h	
friday evening	env.de21:00h à 22:30h	training
Saturday morning	07h à 08:00h	Training
Saturday morning	breakfast 08:15h	
Saturday morning	09:45h à 11:45h	training
Saturday noon	lunch 12:30h	
Saturday afternoon	15 à 18:00h	training
Saturday evening	19:30h env	KSF assembly
Saturday evening and.....?	dinner 20:30h env ?? sayonara	
sunday morning	breakfast 08 :15	
Sunday morning	09:30h à 11h30	training
Sunday noon	12:00 End	room cleaning first. Picnic with potential remains

**Meals:** Please let us know if there are any personal conflicts with the menu. We will try to satisfy you as much as possible. Without warranty

Please clean your room before leaving the cottage. Sunday lunch there is an optional picnic. Experience, however, shows that there are some remains of previous meals for those who are tempted.

Looking forward to seeing you again next year. Bye-bye, good trip

**organization: académie de karate kyokushinkai lausanne. Shihan Henri Jotterand**  
henri.jotterand@tvtmail.ch