



KYOKUSHIN SWISS FEDERATION



DIABLERETS SWISS WINTER CAMP 2019

from Friday, November 1, from 5 pm to Sunday, November 3, at around noon.

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

**under the direction of guests shihan Bertrand KRON 7^{ème} dan
and assisted by Tommaso Schirinzi 6 ° dan, Alexis Fréchin 5ème dan**

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

arrival on Friday 01	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 (max 50)

Deadline for registrations at October 24 2019

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