



KYOKUSHIN SWISS FEDERATION



DIABLERETS SWISS WINTER CAMP 2020

from Friday, October 30, from 5 pm to Sunday, November 1, 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 5^{ème} dan**

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

arrival on Friday 30	120 Euros Only internship + Grades on FKOK	Payment: bank 1) internship only Bank payment akkl 2) Warning payment grade to FKOK	Postfinance 3030 Berne Account: Académie de karate AKL 1024 Ecublens IBAN CH90 0900 0000 1002 0573 4 BIC: POFICHBEXXX Mention diablerets 2020
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FKOK: On Excel form to download on <http://www.kyokushinkai-france.com/calend.htm>

- ✓ **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.)
1st meal Friday evening at around 7:00 p.m. Indicate if you will be present
 - **Workouts:** Diablerets Sports Centre. approx. 700 m from the cottage
 - bring 2 Dogis and your running shoes
 - 1st training on Friday evening at around 9:30 p.m

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

Rooms are allocated as and when registrations are subject to availability (50 places)

**registration deadline and internship payment only until October 15, 2020
+ deadline for registration and grade payment on FKOK until October 15, 2020**

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

Pay attention : this course is special because it hosts the canceled Eaubonne course. It includes the grades transitions planned at Eaubonne, as well as the FKOK meetings - Registrations and payments for grades are made on FKOK. Registration for the course is done on the Swiss site