



**KYOKUSHIN SWISS FEDERATION**  
**8<sup>Eme</sup> STAGE INTERNATIONAL DES DIABLERETS 2020**



From Friday 30 october to Sunday 1 November 2020

**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 5 min approx**

**The program this year will take into account the graduation. There will be joint and separate workshops**

wifi chalet, code: aysxdc456

date	heure	Divers
friday evening	15h00 19h00	FKOK Steering Committee Meeting Souper, dinner
Friday evening	21h00 to 23h00	training
Saturday morning	07h00 à 08h00	Training
Saturday morning	08h15	breakfast
Saturday morning	09h15h to 12h00h	training
Saturday noon	12h30	lunch
Saturday afternoon	14h30 to 17h30	training
Saturday evening	19h00h approx	FKOK general meeting open
Saturday evening and.....?	20h30h approx ?? sayonara	Dinner Sayonara and awarding of grades
sunday morning	08h15	breakfast
Sunday morning	09h30h to 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**  
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