



KYOKUSHIN SWISS FEDERATION

10^{ème} STAGE HIVERNAL DES DIABLERETS 2022 INTERNATIONAL



Organized by the Lausanne Kyokushinkai Karate Academy. (AKKL). Resp Henri Jotterand. The federation is a member of FKOK.

DATES : from Friday November 11, 2022 from 5 p.m. to Sunday November 13, 2022 at 12 p.m.

VENUE: Chalet LES BOSQUETS in DIABLERETS (Switzerland) (access map in appendix. doc 3)

<http://www.lesbosquets.ch>

---under the direction of shihan Bertrand KRON 8th dan,
---assisted by shihans Tommaso Schirinzi 6° dan, Alexis Fréchin 5th dan
and with the collaboration of the AKKL Sensei, Mehdi and Jean-François
+ surprise guest?

PRICE Full course price (accommodation, food and training):

arrival Friday 11. Meal scheduled at 7:00 p.m.

if room available, additional course possible around 4:00 p.m. (on hold)

In Swiss francs = 120 CHF
In euros = 120 euros
Payment to be made at the same time
as registration

Payment to AKL Karate Academy by bank transfer to
postfinance 3000 Berne (mention Diablerets)
Account: (AKL-1000 Lausanne Karate Academy
-Iban CH90 0900 0000 1002 0573 4)
(BIC :POFICHBEXXX)

REGISTRATIONS : registration deadline October 15

On an Excel form to download from the site <http://www.kyokushinkai-france.com/calend.htm>.
For the Swiss people, contact the club for bank statements

PAY ATTENTION TO

The capacity of the chalet is limited to 50 places (accommodation and meals.)
Registrations will be validated in the order of receipt of the forms, which must be sent
at the same time, to the following 2 emails.

fkok.kron@gmail.com henri.jotterand@tvtmail.ch

In case of saturation of the reception capacities of the chalet, it is possible to participate in the course, but
accommodation and individual meals in the hotel of the resort. Henri Jotterand can advise you

ACCOMMODATION-SLEEPING; rooms with 4 or 6 beds (when registering, indicate your
neighborhood preferences). Blankets, pillow and pillowcases are provided. Provide fitted sheet + sheet
or better sleeping bag.

ACCESS Possibility to arrive by train or by car. See document 3

PROGRAM Displacement by light jogging (3 min) to the sports center of the village at 700m. Bring a
tracksuit for the Chalet-Dojo trip. It can be cold.

Common courses and workshops (Kihon, kata, Bunkai, Kumite technique, kumite, Self-defense) 1st
training Friday evening around 9:30 p.m. (or possibly at 4:00 p.m.)