‘Alexander the Great’ Kyokushinkai Karate Camp, Thessaloniki, Hellas (Greece), 4-6 of September 2020

**Date**

From Saturday, Saturday September 5 and Sunday September 6, 2020

**Instructors**

Jean Michel Shihan 6 Dan

Nuccio Ferro Shihan 5 Dan

Christophe Delmotte Sensei 4 Dan

Patrick Barra Sensei 4 Dan

Cedric Dautel Sensei 4 Dan

Eric Tholey Sensei 4 Dan

Konstantinos Neanidis Sensei 3 Dan

Serge Meyer Sempai 1 Dan

**Objectives**

This two-day course will allow everyone, according to their level, to experience Kyokushin in all its aspects: physical condition, surpassing oneself, kihon, kata technique, and the ultimate truth, the kumite.

**Location**

Thessaloniki Seaside park (outdoors)

Thessaloniki

Hellas (Greece)

**Accommodation**

Suggested Hotel



**Registration**

The registration form must be sent by e-mail to Sensei Konstantinos Neanidis (neanidis@hotmail.com)

**Registration fee**

Full camp 20 € per participant (including training).

Lunch (Saturday & Sunday) and dinner (Saturday), 10 € per meal (optional, registration is required)

**Personal belongings to carry out**

- 2 Dogi

- Sports shoes (jogging)

- Protections: gloves, shin guards, tooth protectors,...

- Light rain jacket

- Wipes and soap for the shower

- Drinks and snacks (for training)

- Small bag to carry personal belongings

**More information**

**www.kyokushin-tezuka.gr**

**Contact person**: Konstantinos Neanidis Sensei, e-mail: neanidis@hotmail.com, phone number 00306974370020

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|  | **Sunday 22-03-2020** |
| **Saturday 05-9-2020****Duration (h)** | **Start** | **Stop** | **training** |  | **Sunday 06-9-2020****Duration (h)** | **Start** | **Stop** | **training** |  |
|   |   |   |   |  |   |   |   |   |  |
|   | 09:00 |   | Meeting |  | (option 2) 1 | 09:00 | 10:00 | Footing-stamina\*\*\* |  |
| 0,5 | 10:00 | 10:30 | Stamina |  | 1,5 | 10:00 | 11:30 | Kihon-kata1 |  |
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| 2 | 10:30 | 12:30 | Kihon-kata |  | 1,5 | 11:30 | 13:00 | Kihon-kata2 |  |
|   | 13:00 | …. | lunch |  |   | 13:00 | … | Lunch |  |
| 1,5 | 14:30 | 16:00 | kumite 1 |  | (option A) 1 | 14:30 | 15:30 | Ju-kumite |  |
| 1,5 | 16:30 | 18:00 | kumite 2 |  | **5h** | 16:00 | 17:00 | closing ceremony |  |
|  | 18:30/19:00 | …. | Diner |  |   |   |   |   |  |
|   |   |   |   |  |   |   |   |   |   |
| **5,5 h** |   |   |   |  |  |   |   |   |   |

Hellas (Greece) Kyokushin Camp 2020

Provisional schedule

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Please note that this schedule is changeable at all times.

Registration form

Name of the dojo: .....................................................................................................................................

Name of the responsible of the dojo: ........................................................................................................

Address: ....................................................................................................................................................

Zip: ..................... City: ..................................................... Country: ..............................................

E-mail: ............................................................................. Telephone: ..........................................

List of participants

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Surname | First name | Sex (M/F) | Grade |
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| 1 |  |  |  |  |
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| 9 |  |  |  |  |
| 10 |  |  |  |  |
|  |  |  |  |  |

Date: ....................................................... Signature of the responsible of the dojo

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