



KASE HA FINLAND INTERNATIONAL KARATE WINTER COURSE

S H I H A N D I R K H E E N E , 8 D A N
S E N S E I P A S I N E T T A M O , 4 D A N

PLACE: VUOKATTI SPORTS INSTITUTE
OPISTONTIE 4, SOTKAMO, FINLAND

✧ 11.2. – 13.2.2011 ✧

COME TO TRAIN IN HIGH QUALITY CONDITIONS!!!

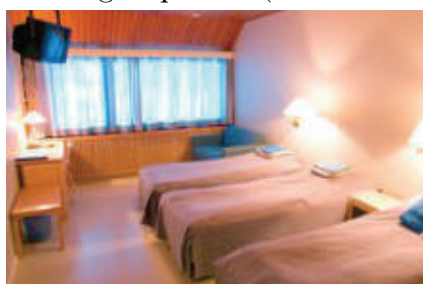
ONLY 30 MINUTES FROM KAJAANI AIRPORT!!!

COURSE INFO:



Accommodation Youth Hostel:

25€/night/person (with breakfast)



Accommodation Chalets:

125€/night/2-4 persons (no food)



Course fee:

Friday – Sunday 70€

Saturday – Sunday 60€

One day 35€

KHF members: - 10€

Includes Saturday Sauna

Meals:

Breakfast 7,50€; Lunch 11,50€;

Dinner 12,50€; Evening meal 4,20€

Course info & registrations:

raimo.lappalainen@kamikaze.fi

tel. +358 40 5077 535

All bookings before 28.1.2011!

More information:

www.vuokattisport.fi

WELCOME TO TRAIN!

Fri 11.2.2011

17:00-19:00 Check in
19:30-21:00 Dirk, all grades

Sat 12.2.2011

07:00-09:00 Breakfast
10:00-11:30 Dirk, all grades
12:00-14:00 Lunch
14:30-16:00 Pasi, kyu grades
16:00-17:30 Dirk, dan grades
17:00-19:00 Dinner
19:00-21:00 Sauna

Sun 13.2.2011

07:00-09:00 Breakfast
10:00-11:30 Dirk, all
12:00-14:00 Lunch
12:00 Check out