

Twenty-six Karate Camp in the Costa Blanca

10.04.2011- 16.04.2011

Instructors : Dirk Heene :
François Van Binst :
Alfredo Russo :

On the second week of April 2011, a karate camp is organised in Calpe, a nice little harbour city having an exceptional climate.

The trip will be carried out in a luxury bus with bar, wc and video.

Housing in comfortable apartment with bathroom and equipped kitchen.

The breakfasts are taken in a baker's shop.

Moreover, noon and evening hot meals take place in a typical restaurant on the seashore near the harbour. Each meal as an entrée, a consistent dish, a dessert and a free drink (water, sangria, wine, beer, ...).

Two karate training sessions are planned by day from 9 am to 12 o'clock.

For several years now, a course of Total Body Workout has been organized each morning from 10 to 11:30 am.

The amount of 295 € includes the go-round-trip on abus, the housing, breakfasts, 2 hot meals per day as well as the karate training or Total Body Workout.

Practicle information :

1. Do not forget your ID card,
2. License in order (insurance),
3. Prepare a lunch-packet for the journey (or of money to be able to buy some food on the way in motorways relays for instance),
4. Idem for the trip back,

Remarks :

1. Apartments are meant for 4 persons (2 persons per bedroom).
Against a supplement of 70 € you can obtain an individual room.
2. For under 18-year old, a written and signed (by the parents) authorisation, which also needs to be legalized by your city administration, is mandatory. Those young people will have to comply with

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the organizers' authority and to conform to the rules of living in a group.

3. The members of a mutual insurance company should get a «Euro Cross» card.
4. An additional amount of ± 25 € will be required for the people not having an individual insurance in order to be covered by a group insurance.
5. The tariffs indicated are those applied to April 2010. Small modifications are possible according to the economic conditions.
6. The information relating to the exact hours of the departure and the return will be communicated to you ten days before departure.
7. In order to respect the times of reservation, please transmit your bulletin of inscription to :
François VAN BINST
Permekestraat, 27
1800 Vilvoorde
as well as an instalment of 150 € to the account n° 185-0053895-55 before January 1, 2011. The complementary sum will have to be paid at the latest on March 8, 2011.
8. Any further information can be obtained by calling n° *322/253.65.98
or by e-mail : francois.vanbinst@gmail.com

**P.S. : On your transfer, clearly indicate the name of the person
in favour of whom the payment is carried out.**

Registration form

To be sent to François Van Binst, Permekestraat 27, 1800 Vilvoorde

Name : Firstname :
Birth date : Telephone N° :
Address : N° Street :
Zip code: Town
Club's name : Grade :
e-mail :

Blacken the box :

- ☐ 1 person in a 4-person apartment..... 295,- €
Remark : if you wish, by mutual agreement, share your apartment with others,
please write down their names here-after :
1) 3)
2) 4)
☐ 1 person with an individual bedroom in an apartment..... 70,- €
☐ 1 accompanying person (no karate nor Total Body Workout) with a
room in an apartment and meals included 275,- €
☐ Full karate camp with only the evening meals..... - 35,- €
☐ Mandatory insurance for people not having one 25,- €
☐ T-shirt Calpe : Sizes : M – L – XL – XXL : +/- **15 €** x = €
All children sizes available, please specify : = €

THE TOTAL SUM TO PAY IS : €

Remark : Engagement will be regarded as final from February 1, 2011 and the instalment will not be recoverable any more as from this date.

Date :

Signature :