

XIII
INTERNATIONAL
SHOTOKAN
KARATE-DO COURSE
CADIZ • SPAIN

July
4th - 8th
2012

PRICE

Whole: 75 €
Sat-Sun: 50 €
2 sessions: 30 €

Sensei
Dirk Heene
8th Dan Shotokan
Ryu Kase Ha
(Belgium)

EXTRA
Activities

PLACE

Polideportivo
Ciudad de Cádiz
Avenida José León de
Carranza, s/n

TRAINING
SESSIONS

	7th Saturday
	10:00 - 11:30
4th Wednesday	11:45 - 13:15
19:00 - 21:00	8th Sunday
5th Thursday	10:00 - 11:30
19:00 - 21:00	11:45 - 13:15
6th Friday	
08:00 - 09:15 (Beach)	
12:00 - 13:00	
19:00 - 20:00 (Yoga for karate)	
20:00 - 21:00	

