



KASE HA FINLAND SUMMER COURSE 2012

IN VIEREMÄ

25–29.7.2012

with Shihan Dirk Heene 8.dan

Senseis for kyu grades: Jarmo Niiranen 4.dan, Pasi Nettamo 4.dan and Toni Gallen 4.dan.

You are warmly welcome to enjoy hard training, hot sauna and lovely Finnish summer!

Program:

Wednesday:

19.00-20.30 Training for all, Dirk Heene

20.30 Sauna

Thursday:

11.00-12.30 Training for all, Dirk Heene

13.00 Lunch

15.30-17.00 Training for kyus, KHF sensei

17.00-18.30 Training for dans, Dirk Heene

18.30 Dinner

Friday and Saturday:

11.00-12.30 Training for all

13.00 Lunch

15.30-17.00 Training for kyus, KHF sensei

17.00-18.30 Training for dans, Dirk Heene

18.30 Dinner and sauna

Registrations and more info:

laura.patronen-halonen@suomi24.fi

tel. +358 50 410 8551

PRICES:

Wed-Sat: 70 €

Thu-Sat: 60 €

Fri-Sat: 50 €

One day: 30 €

KHF members: - 10 €

Food:

Wednesday, Thursday and Friday lunch and dinner 12 € /day.

Saturday lunch and dinner 15 €.

TRAININGS and SAUNA:

Trainings are in Vieremän liikuntahalli,

Petterintie 12, 74200 VIEREMÄ.

Wednesday sauna in Gasthouse Puomila,
Kauppilanmäentie 1180, 74200 Vieremä

Friday smoke sauna. More info coming later.

Saturday training and sauna in Hombu oy,
Aittokoskentie 553, 74300 SONKAJÄRVI

ACCOMMODATION

Gasthouse Puomila,

Kauppilanmäentie 1180

74200 VIEREMÄ

35 €/ night

Breakfast and sheets included.

http://www.vierema.fi/Suomeksi/Matkailu/Majoitus_ja_ruokailu/Gasthaus_Puomila.iw3

Lohkoniemen matkailu- ja marjatila

Pajusenmäentie 530

74270 KAUPPILANMÄKI

2 cottages (for 6-8 person)

85 €/night/cottage

<http://www.lohkoniemi.fi/majoitus.htm>

If you are staying in Gasthouse Puomila or Lohkoniemi, please contact Tuula.

Tuula Kauppinen tel. +358 400 758739

tuula.kauppinen@pp8.inet.fi

Hombu oy

Aittokoskentie 553

74300 SONKAJÄRVI

15 €/night

Breakfast included.

<http://www.hombu.fi/>

If you are staying in Hombu, please contact Raimo Lappalainen. tel. +35840 5077 535

raimo.lappalainen@kamikaze.fi

Check also:

<http://www.sokoshotels.fi/hotellit/iisalmi/>

<http://www.sininen-helmi.fi/>