

KASE HA FINLAND INTERNATIONAL KARATE SUMMER COURSE SHIHAN DIRK HEENE

PLACE: SOLVALLA SPORT INSTITUTE,
NUUKSIONTIE 82, CITY: ESPOO

31.7. – 4.8.2013

COME TO TRAIN IN NATIONAL NATURE PARK!!!

ONLY 45 MINUTES FROM HELSINKI AIRPORT!!!

COURSE INFO:

Course fee:

Wed-Sat 70 €

Thu-Sat 60€

Fri-Sat 50€

One day 30€

KHF members: - 10€

BOOK YOUR ROOM HERE:

Solvalla Sports Institute

Nuukсионtie 82

02820 ESPOO

Phone: +358 9 8678 430

fax: +359 9 8678 4321

e-mail: info@solvalla.fi

Course info & registrations:

coperate.jarmo@gmail.com

tel. +358 40 8699 332

Full service accomodation:

296 eur/adult/4 nights.

Ask special prices for kids!

Price includes accomodation in
2 persons room, breakfast,
lunch, dinner, lakeside sauna.

by 31.5.2013 latest.

Places are limited!!!



YOU ARE WARMLY WELCOME!

Training times:

Wed 31st	16.30-18	dinner+check in	Fri-Sat	8-9	breakfast
	18.30-20	all grades, Shihan Heene	2nd-3rd	10-11.30	all grades, Shihan Heene
	20-21	evening meal		12-13	lunch
Thu 1st	8-9	breakfast		14-15.30	kyu grades, KHF sensei
	10-11.30	all grades, Shihan Heene		15.30-17	dan grades, Shihan Heene
	12-13	lunch		17-18	dinner
	14-15.30	kyu grades, KHF sensei		20-21.30	Sauna
	15.30-17	dan grades, Shihan Heene	Sun 4th	8-9	breakfast
	17-18	dinner		10-11.30	all grades, Shihan Heene
	20-21.30	Sauna		11.30->	lunch+check out

KYO TSUKETE – TAKE CARE OF YOURSELF!!!