

International seminar in France

10 - 11 December 2016

Location:

Saint Léger du Bourg Denis
(Near Rouen) In Normandy

DOJO address:

GYMNASE Micheline OSTERMEYER – Route de Lyons
76160 St Léger du Bourg Denis

Under the technical direction of:

Senseï Pascal LECOURT 6th Dan (France)

Senseï Juan Pablo Delgado 5th Dan (Spain)

Saturday 10 December

Welcome of participants 1:45 pm

1st Lesson 2:30 pm – 4:00 pm

2nd Lesson 4:15 pm – 5:45 pm

Sunday 11 December

3rd Lesson 10:00 am – 11:30 am

4nd Lesson 11:45 am – 1:15 pm



Free accommodation in the Honbu dojo of Rouen:

Book before November 30

Saturday evening a meal together can be arranged for 28 €

Book before November 30

COST:

Complete course: 45 €

Or 2 lessons: 35 €

For any further information and reservation please contact: karate.no.michi@aliceadsl.fr