

Aki-Gasshuku Barcelona 2024

KSKA Aki-Gasshuku Barcelona 2024Friday 11th October – Sunday 13th October 2024

Under instruction of the KSKA Shihankai



The second Gasshuku of the year 2024 / Aki-gasshuku will be held in Barcelona, Spain where the KSKA welcome your attendance in support of the Academy.

Organisation: Dojo Waseda, Barcelona
Xavi Izquierdo

Email: xizquierdo@gmail.com

Phone: +34 (0)687869706

Dojo: Carrer Valencia (sports hall of the school, located underground, under the school playground), very close to the famous Sagrada Familia, C/ de València, 370, L'Eixample, 08009 Barcelona. Google maps link : <https://maps.app.goo.gl/HxNAr3dNuGFbXzdn9>
Subway connections (nearest stations): L4: yellow line, Verdaguer station / L5: blue line, Verdaguer station / L1: red line, Arc de Triomf station / L2: violet line, Sagrada familia station.

Training: **Friday 19:00 - 21:00**
Saturday 10:00 - 11:30 and 11:45 - 13:15
Sunday 09:30 - 11:30

Grading: **For sandan and higher grades ONLY**
Saturday from 14:00

Course Dinner: Saturday 12th October 2024 @ 20:00
Restaurant Pomarada, <https://pomarada.com/>
Group menu : 37,00 EUR per person. Starters: Iberian Guijuelo ham, fried artichokes, Fideua with cuttlefish and garlic mayo, smoked salmon with soft cheese and walnuts, bread with tomato and olive oil. Main course (make your choice): Salted cod with anchovies cream and candied onion OR Roasted sweet veal rosemary with cream potato cake OR Hake "ajoarriero" with ham gratin mild garlic musseline. Dessert (make your choice): double chocolate bonbon cake OR Limoncello sorbet. Mineral water, house wine, cava and coffee included. Other drinks to be paid separately. Anyone wishing to attend the course dinner should notify the course organizer **before September 25th 2024**.

Accommodation: There are many possibilities to stay in Barcelona (hotels, Air Bnb, private accommodations, apartments, ...). If you wish to book a hotel, here are 4 possibilities (but there are many, many other possibilities):

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1. Hotel Sagrada Familia <https://www.hotelsagradafamilia.com/en/>
2. Best Hotels Aranea
<https://www.besthotels.es/en/destinations-and-hotels/best-aranea.html>
3. Hotel Glories <https://hotelglories.com>
4. Bel Art Ilunion Hotels <https://en.ilunionbelart.com/>

Travel: Flying to Barcelona airport is the best option, many connections there. From the airport you can take a (cheap) train that takes you directly into the city center. From there you best use the underground subway system to explore the city. If you would need more info, you can contact the course organisation.

KSKA Passport: Registration opens one hour before the start of the training. Members please present your KSKA passport to the Secretary upon registration for signature of attendance.

Course Fee: Non-KSKA Members: 60 EUR full course or 15 EUR per training.
KSKA Members: no charge.

Participant Level: All non-members are welcome to attend from the level of **3rd kyu** (brown belts) and above.

GDPR: Please note that a group photograph will be taken during this course and could be published on the KSKA website and/or Newsletter. Should you wish not to participate due to privacy reasons that is your prerogative and you should withdraw whilst the photograph is being taken.
Other than the above and as far as is reasonably practicable, the taking and publishing of video or photographs will be restricted, but the KSKA cannot not be held responsible for individual actions that fall outside of our control. There can be a KSKA video recording of the instructions.

KSKA Note: The course organiser and/or Kase Ha Shotokan Ryu Karate-Do Academy cannot be held responsible for any loss, damage or injury that may occur during the Gasshuku.