

KARATE & RELAX



TARVISIO (Udine) 2015

From 3rd to 6th January 2015



5TH INTERNATIONAL SEMINAR

Train with the Champions !!!

**6 Kata and 6 Kumite classes, relaxing moments
and fun close to the Tarvisio sky runs
from January 3rd to 6th !**

Enjoy with Us !!!



KUMITE

Luca Valdesi

Kumite World Champion
Coach of the Italian
National Team Kumite



KATA SHOTOKAN

Vincenzo Figuccio

Kata World Champion
Coach of the Italian
National Team Kata



KUMITE

Gilles Cherdieu
Kumite World Champion



Physical Trainer

Ngan Nguyen

Kata World Champion
Physical Trainer of the
Italian National Team

Ngan Nguyen
Kata World Champion



KATA SHITO RYU

After the great success of the last editions, Sensei Andrea Valdesi, Davide Benetello and Luca Valdesi, in collaboration with the Friuli Venezia-Giulia Karate Federation, are pleased to present the

5th INTERNATIONAL SEMINAR KARATE & RELAX TARVISIO 2015



Program:

January 3rd: arrival and accomodation starting from 2 pm. Hotel "IL CERVO".
At 5.30 pm opening of the classes and first training session at the Hall Sport of Tarvisio.

The seminar includes 6 training sessions of Kata and 6 training sessions of Kumite and it finishes with the Tuesday morning training.

Every courses is divided by age and belt.

Costs

Full Board from 3rd dinner to lunch of 6th with seminar: 290,00 Euro

Accompanying people: 195,00 Euro

Only seminar fee: 100,00 Euro

CHILDREN UNTIL 9 DISCOUNT OF 30%

CHILDREN UNTIL 3 YEARS GRATIS !!!

SPECIAL PRIZE IF YOU BOOK BEFORE 10th NOVEMBER:

- 250,00 EURO INSTEAD 290 ALL INCLUSIVE;

- ACCOMPANYING PEOPLE 180,00 EURO

To make reservation please fill in the form (find it on KARATERELAX.COM) and send it at the following e-mail: karaterelax@gmail.com

A 50% advance payment is requested by bank transfer at:

Polisportiva Polo Verde AD

Via Filippo Paladini 1 - 90145 Palermo

BANK: CREDEM Credito Emiliano 3032-0

BANK ACCOUNT: 010/0002187-1

IBAN: IT47 S030 3204 60401000 0002 187

International Code (Bic/Swift): BACRIT21567



ART of WAR
artofwar.it

KWON

BLS
La Cima

INFO: WWW.KARATERELAX.COM - KARATERELAX@GMAIL.COM +39 335 293224

Costs are intended for person in double/triple/quadruple Room. Single room is available with a charge of 20 euro per night.



KARATE & RELAX

DOJO: _____

E-Mail: _____

COACH NAME: _____ MOBILE: _____

number of athletes: _____ number of accompanying: _____

	Surname and Name	accompanying or athlete ?	Date of Birth	Arrival date	Departure date	Grade	T-SHIRT size
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
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17							
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19							
20							
21							

All members are regular members with a recognized institution of karate and are in good standing with the medical certificate for sports activities.

Place and date _____ Stamp and Signature _____

Before you sign up asking for confirmation of availability by sending e-mail to: karaterelax@gmail.com

To confirm your registration to send a copy of bank transfer and registration form filled to: karaterelax@gmail.com

Refundable penalties in case of sickness or acceptable reasons.

- a) 20% of the entire participation costs by 30 days before the beginning of the event.
- b) 30% of the entire participation costs from 29 to 21 days before the beginning of the event.
- c) 40% of the entire participation costs from 20 to 11 days before the beginning of the event.
- d) 50% of the entire participation costs from 10 days to the last one before the beginning of the event



BY PLANE

AEROPORTO FRIULI VENEZIA GIULIA

Ronchi dei Legionari (Go) - Trieste
 Trieste Regional Airport, 33 Km from Trieste, 134 km from Tarvisio

Info:

Aeroporto di Trieste	aeroporto.fvg.it
Aeroporto di Treviso	trevisoairport.it
Aeroporto di Venezia	veniceairport.it
Aeroporto di Klagenfurt	klagenfurt-airport.com
Aeroporto di Lubiana	lju-airport.si

BY CAR

A4 Turin - Trieste Motorway
 A23 Palmanova - Udine - Tarvisio Motorway
 A28 Portogruaro - Conegliano Motorway

BY TRAIN

www.trenitalia.com

Railway routes: Venice - Tarvisio

The railway station of tarvisio Boscoverde is located 3 km from the city centre and is very well connected with several daily services to Udine, Triest and Venice in Italy, Villach, Klagenfurt, Graz and Vienna in Austria. Many local trains leave every day from

Udine to reach Tarvisio in just over 40 minutes. Three daily services connect directly Venice to Tarvisio, allowing skiers to reach the ski resort from

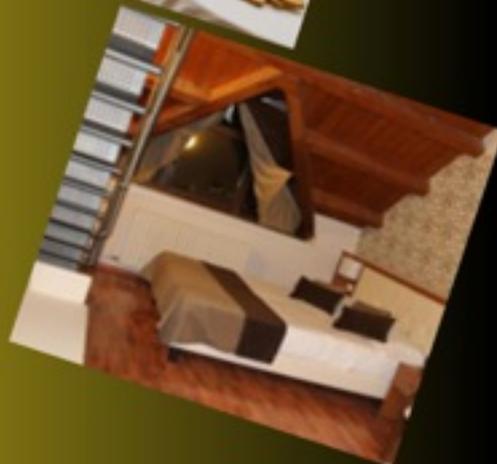
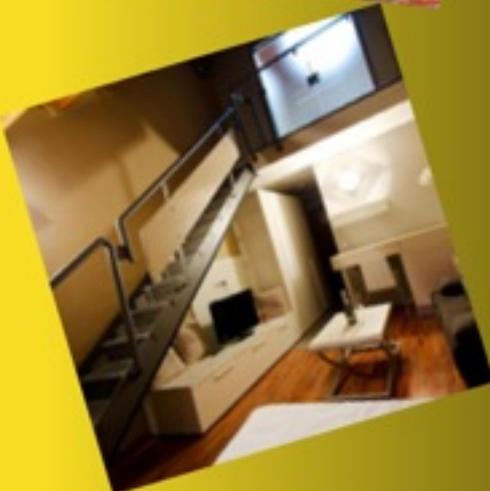
Hotel "Il Cervo" ****

Via Priesnig, 72 Tarvisio (UD) - Italia

Tel. +39 0428.40305

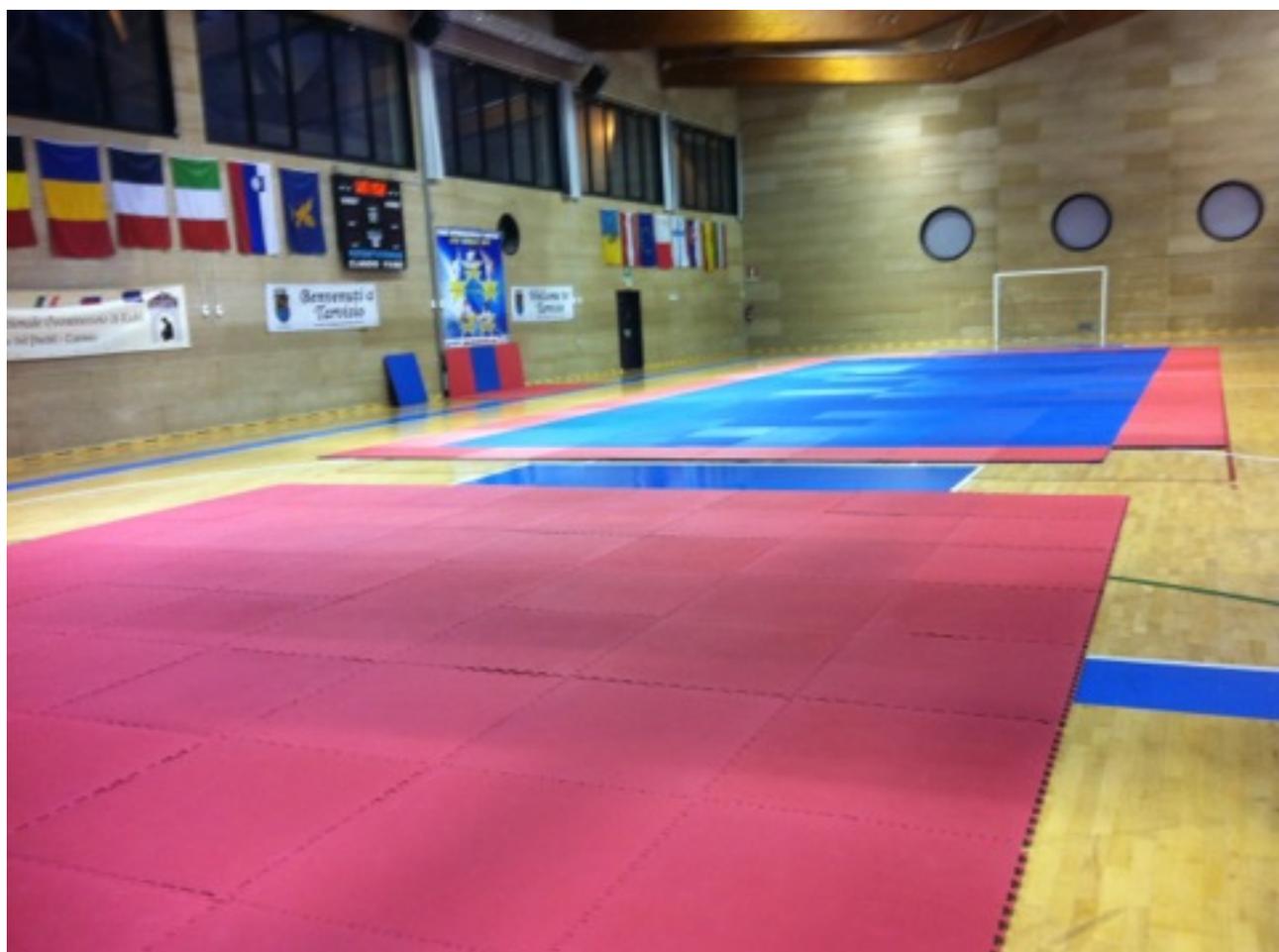
Fax. +39 0428.40637

Email info@hotelilcervo.com - hotelcervo@libero.it





Tarvisio Sport Hall, Via Degli Azzurri





Karate & Relax

PROGRAMMA TARVISIO 2015



Sabato 3 GENNAIO

Ore 14,00 -15,30 Arrivo presso "Hotel Il Cervo" di Tarvisio, via Priesnig 72 , Controllo iscrizione, Sistemazione camere, Distribuzione programma

Ore 17,15 - 17,30 Apertura Seminario e Presentazione Docenti

Ore 17,30 - 18,30 Kata (Valdesi-Figuccio)

Ore 18,30 - 19,30 Kumite (Benetello-Cherdieu)

Ore 20,15 Cena

Domenica 4 GENNAIO

Ore 08,30 - 09,45 Kata (Valdesi-Figuccio)

Ore 09,45 - 11,00 Kumite (Benetello-Cherdieu)

Ore 13,00 Pranzo

Ore 17,00 - 18,00 Kumite (Benetello)

Ore 18,00 - 18,15 FOTO e Presentazione Ospiti

Ore 18,15 - 19,30 Kata (Valdesi-Figuccio)

Ore 20,15 Cena

Lunedì 5 GENNAIO

Ore 08,30 - 09,45 Kata (Valdesi-Figuccio)

Ore 09,45 - 11,00 Kumite (Benetello)

Ore 13,00 Pranzo

Ore 17,00 - 18,00 Kumite (Benetello)

Ore 18,00 - 18,15 FOTO e Presentazione Ospiti e **LOTTERIA**

Ore 18,15 - 19,30 Kata (Valdesi-Figuccio)

Ore 20,15 Cena

Martedì 6 GENNAIO

Ore 09,30 - 10,45 Kumite (Benetello)

Ore 10,45 - 12,00 Kata (Valdesi-Figuccio)

Ore 13,00 Pranzo e Chiusura Seminario

**Preparazione Fisica specifica per il Karate
Kumite e Kata
Pacchetto Dedicato
Maestro Vincenzo Figuccio**

Le lezioni si svolgeranno presso il Palazzetto dello Sport di Tarvisio
I corsi saranno divisi per Grado ed Eta'.

Per ogni necessita' chiamare il numero +39335293224 (Davide Benetello)



La Cima
Prosecco Valdobbiadene

KARATE & RELAX



TARVISIO 2015
DAL 3 AL 6 GENNAIO



KARATE & RELAX
5° STAGE INTERNAZIONALE
TARVISIO 2015



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