INTERNATIONAL SUMMER CAMP KARATE SHINKYOKUSHINKAI

Shihan Juan Carlos Escalera
Spain

Sensei Roman Nesterenko
Russia

THE EUROPEAN EXAMINATION FOR THE 4TH DAN

the camp's price **160 €**

25-28 2016 August

Poland, Kielce
Ściegiennego 8 Street
MOSiR Hall

www.shinkyokushin.org.pl
www.karatekyokushin-zpue.pl

Organizer:

Polish Shinkyokushinkai Karate Federation

Kielce Kyokushin Karate Club

Patronage:

Marshal of the Świętokrzyskie Voivodeship

President of Kielce

Media Patronage:

TVP Kielce

Echo Dnia

gazeta

Radio Kielce 90,4 i 101,4 MHz

Sponsors:

ZPUE Equipment for power — Strategic Sponsor

SUZUKI

INTERNATIONAL SUMMER CAMP KARATE SHINKYOKUSHINKAI

Camp's Itinerary 25-28.08.2016

Thursday 25.08.2016

12.00-16.00	arrival and check in
16.00-17.30	1st training session
18.00-19.00	dinner
20.00-21.30	2nd training session

Friday 26.08.2016

7.00-7.45	3rd training session
8.00-9.00	breakfast
10.30-12.30	4th training session
13.00-14.00	lunch
16.00-17.30	5th training session
18.00-19.00	dinner
20.00-21.30	6th training session

Saturday 27.08.2016

7.00-7.45	7th training session
8.00-9.00	breakfast
10.30-12.30	8th training session
13.00-14.00	lunch
15.00-18.00	exam for kyu grades and 1st to 3rd DAN grades
15.00-19.00	EKO Grading
20.00	SAYONARA

Sunday 28.08.2016

8.00-9.00	breakfast
10.00-12.00	9th training session / KUMITE Exam
12.00-12.30	Announcement of the exam's results
13.00-14.00	lunch

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