



Winter Camp IFK Belgium



**Friday 10 February 2017 until
Sunday 12 February 2017**



**Shihan David Pickthall (6th dan)
Shihan Janine Davies (6th dan)**

Venue :

Verblijfscentrum DE HOGE RIELEN
Molenstraat 62, 2460 Kasterlee, België
www.dehogerielen.be



Arrival : Check-in on Friday 19/02/2016 from 1915 hrs in hostel WADI.

Parking : Parking area is nearby the pavilions (parking 3)

Buildings : Hostel WADI.

Rooms will be assigned. Showers and toilet are provided in every room.

A mattress, a blanket and a pillow is provided, you must bring your own bed linen (possibly sleeping bag).

The cafeteria and restaurant are adjacent, near the sports hall. The cafeteria is opened between 1200 and 1400 hours and in the evening from 2100 hours to end??

There is lighting on the domain, but that is rather limited. A flashlight could be usefull.

The night's rest of the other groups in the domain must be respected between 2200 and 0800.

The hostel must be vacated on Sunday, no later than 1900 hrs.



Clothing : 2 dogi.
Shin pads, gloves, ...
Running shoes and outdoors clothing are required.
If possible, please bring 1 pad for every 2 participants.



Schedule :

The training schedule can be adjusted according to necessities.

During a number of sessions every participant can choose which class he/she would like to attend. These sessions are marked with ***

Friday 10/02/2017			
from	until	training	location
2000	2400	grading - Shihan David	sports hall
2000	2130	general training - Shihan Janine	outside

Saturday 11/02/2017			
From	until	training	location
0700	0745	warming up - Shihan David	outside
0800	0900	breakfast	restaurant
0930	1030	general training - Shihan Janine	sports hall
1030	1130	kihon low grades - Shihan Janine ***	sports hall
		kihon high grades - Shihan David ***	sports hall
		self-defence all grades - Shihan Benny ***	sports hall
1200	1300	lunch	restaurant
1400	1500	general training - Shihan David	sports hall
1500	1600	basic fighting techniques by Shihan David *** (assisted by Shihan Benny)	sports hall
		kata high grades by Shihan Janine *** (assited by Shihan Etienne)	sports hall
1600	1700	advanced fighting techniques - Shihan David (assisted by Shihan Etienne)	sports hall
		kata low grades by Shihan Janine *** (assisted by Shihan Benny)	sports hall
1800	1900	dinner	restaurant
2000	???	group activity	???

from	until	training	location
0700	0745	warming up - Shihan David	outside
0800	0900	breakfast	restaurant
0930	1030	general training - Shihan David	sports hall
1030	1130	pads training - Shihan David *** (assisted by Shihan Etienne)	sports hall
		kata training - Shihan Janine *** (assisted by Shihan Benny)	sports hall
1200	1300	lunch	restaurant
1400	1500	warming up - Shihan David	sports hall
1500	1700	sparring	sports hall

The training will take place outside or in the gym, as indicated.
Pay attention to the weather (rain - cold) and the wooded area (sandy soil).

The sports hall is shown on the plan (top) and is about 5 minutes walk from the pavilions. There are changing rooms available in the sports hall (the left side is for the ladies, the right side is for the men). It is advised to change in the changing rooms to keep your dogi clean.

Departure : Check-out on Sunday 12/02/2017, after finishing the last training session.
The hostel is the latest to be abandoned at 1900 hrs.

Age : From 12 years old.

Cost : 115 euro for the whole weekend.
The cost includes all training, accommodation and meals
(no meals on Friday and Sunday evening).

Daily price of 35 euros for Saturday or Sunday.
This price includes training in the morning (0930 - 1130 hours), lunch and training in the afternoon (1400 - 1700 hours).

Deviations from the planned stay is possible, please contact contact Shihan Benny considering the cost price will be dependent on the timing of arrival / departure and consumed meals.

However, it goes without saying that we would like to welcome you all weekend!

Payment : We would like to receive payments grouped by dojo. Please mention the name of your dojo and the number of participants when transferring your registration fee.

We would like to receive your payment (full amount) before January 30, 2017 on the account of

Sutani Dojo VZW, Paalstraat 246, 2900 Schoten
IBAN : BE20 3200 2577 1556
BIC : BBRUBEBB

Registration : Please use the attached form for registration.

Your participation is recorded only upon receipt of the full amount and no later than January 30, 2017.

The number of rooms is limited. We apply the principle of first come, first served!

Contact : Shihan Benny Geluykens,
Sutani Dojo, IFK Belgium.
 bestuur@kyokushin.be
 0032 473 828231