



From 6 to 8 January 2012 II° "Karate & Relax - Winter Session"

**INTERNATIONAL SEMINAR
KARATE & RELAX**
From 6th to 8th January 2012

Davide Benetello and Luca Valdesi
with the association of
Sensei A. Valdesi,
are pleased to present the
event of the year:
**the 2nd International Seminar
of Tarvisio.**

KATA
Luca Valdesi
Vincenzo Fignuccio

KUMITE
Davide Benetello
Stefano Momiccalco
Salvatore Loria

INFO:
karatorolax@gmail.com
www.karatorolax.com
+39 335 293224

www.karatorolax.com

INTERNATIONAL SEMINAR - KARATE & RELAX

After the wonderful experience of the first edition, the International Seminar Karate & Relax will take place from 6th to 8th of January 2012 in Tarvisio (Udine) at the Hotel Nevada. Arrival and accommodation in the rooms is scheduled for 14.00 on Friday January 6th. The opening of the course and the first training will be held at 17.30 at the hall sport. The seminar consists of 4 sessions of training in kata and 4 in kumite and will end with the training of Sunday morning. All courses will be divided by age and grade.

FEES:

Union dinner on Friday until Sunday lunch included!

Full board + Seminar 190 euro

Accompanying in full board 130 euro.

All the people who make their application forms before November 20th will be entitled to a discount on registration fee - 170 euro instead of 190 euro.

*Costs are per person in double, triple or quadruple. Single room supplement 15 euro per night.

To sign up simply pay a deposit equal to 50% of the total cost by Bank Transfer

INFO & MAPS:

www.karatorolax.com

Contact:

karatorolax@gmail.com
+39 335 293224

PAYMENT BY BANK:

REGISTERED TO: Polisportiva Polo Verde AD

Via Filippo Paladini, 1 - 00145 Palermo

BANK: CREDITO CREDITO EMILIANO 3022-0

CHECKING ACCOUNT: 010/002107-1

IBAN: IT47 0308 2204 0040 1000 0002 107

BIC/SWIFT: BACRIT21407