

Karate & Relax Summer Session 2013

Written by Administrator

Wednesday, 12 June 2013 08:55



We have just concluded another splendid event "KARATE & RELAX"!

The 4th international seminar Karate of "Città del Mare" was attended by about 250 people from 9 different countries: Spain, Finland, Denmark, England, Austria, Germany, Japan, Romania and .. Italy.

4 days of karate at the highest level, entertainment, sports and .. Relax.

Between a Karate training, a swim and a game of football, the days are literally blown away.

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On the mat had alternated the best teachers of Kata and Kumite, giving rise to interesting lectures on the training methodology, on the origins and traditions of Karate-do, on the technical and athletic preparation.

The staff of Karate & Relax can't wait for you at the Winter session of Tarvisio (UD)

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