

# III<sup>th</sup> INTERNATIONAL SEMINAR KATA WKF 09-11 MAY 2008, CIESZYN - POLAND

## SEMINAR SCHEDULE

09 MAY 2007

4pm - 8pm Check in and registration.  
Payments for the seminar will be made in MOSIR Sports Hall (in organiser's office opened on purpose), the address is: 21, Jana Łyska Avenue 21, Cieszyn; or in organiser's dojo, the address is: 39, Śrutarska Street, Cieszyn.

10 MAY 2007

10am	-	11.30am	9 <sup>th</sup> kyu - 4 <sup>th</sup> kyu
11.30am	-	1pm	3 <sup>rd</sup> kyu - Dan
3pm	-	4.30pm	9 <sup>th</sup> kyu - 4 <sup>th</sup> kyu
4.30pm	-	6pm	3 <sup>rd</sup> kyu - Dan
9pm	-	?	GRILL +DISCO ☺

11 MAY 2007

10.30am	-	12.00am	3 <sup>rd</sup> kyu - Dan
12.00am	-	1.30pm	9 <sup>th</sup> kyu - 4 <sup>th</sup> kyu
3pm	-	4.30pm	3 <sup>rd</sup> kyu - Dan

**The seminar fee is 90 PLN / 25 EURO**

### REGISTRATION AND ACCOMODATION:

The registration form should be send as soon as possible, (the deadline is **01 MAY 2007**) by e-mail or on the following address:

Klub Sportowy SHINDO

ul.Kiedronia 3, 43-400 Cieszyn, Poland or e-mail: [shindocieszyn@interia.pl](mailto:shindocieszyn@interia.pl)

There is a possibility of making individual accommodation booking in the Sports Hotel which is situated near the Sports Hall (about two minutes walk)

When booking do not forget to give the password which is: „KARATE”.

More information: [www.mosir-hotel.pl](http://www.mosir-hotel.pl), e-mail: [recepcja@mosir-hotel.pl](mailto:recepcja@mosir-hotel.pl), tel./fax (+48) 033 8525348 / (+48) 033 8522044 / +48 502 586 777.

**THE NUMBER OF ROOMS IN THE SPORTS HOTEL IS LIMITED!!!**

For other accommodation please check:

- ☐ "Gościniec pod Kurantem" tel: +48-33-851-85-22
- ☐ "Dworek Cieszyński" tel: +48-33-858-11-78
- ☐ "Zajazd Trzech Braci" tel: +48-33-88-15-23
- ☐ "Hotel Orbis Halny" tel: +48-33-851-66-00
- ☐ [www.cieszyn.pl](http://www.cieszyn.pl)

The accommodation is possible in our dojo too, the address is 39, Śrutarska Street (dates 09 - 11 may). Booking: tel. +48 607-314-119.

Accommodation fee in the dojo is: 10 PLN. In case of staying in our dojo please bring sleeping bags or foam mattress with you.

### ADDITIONAL INFORMATION:

- ¾ Come on the seminar together with 5 your students, get DVD from the seminar for FREE!!!
- ¾ Come on the seminar together with 10 your students, get DVD from the seminar and take part in the seminar for FREE!!!

***IT IS FORBIDDEN TO FILM DURING THE SEMINAR!!!***

### ATTENTION:

Everyone taking part in the seminar is supposed to know

BASSAI DAI kata (9 - 4<sup>th</sup> kyu) and KANKU DAI kata (3<sup>rd</sup> kyu - Dan).

Training will be based on performance and methodology of the above mentioned katas.

The organiser will be happy to answer all your questions

Piotr Szymała,

tel. +48 607 314 119 / [www.shindo.pl](http://www.shindo.pl) / e-mail: [shindocieszyn@interia.pl](mailto:shindocieszyn@interia.pl)

[www.shindo.pl](http://www.shindo.pl)

[www.cieszyn.pl](http://www.cieszyn.pl)

[www.lucavaldesi.com](http://www.lucavaldesi.com)

***If you want to be the best, you should train with the best!***

**SENSEI LUCA VALDESI 5<sup>th</sup> DAN  
WORLD CHAMPION WKF KATA**