



COURSE OF KARATE-FULL-CONTACT HIGH COMPETITION - KYOKUSHIN

SHIHAN: JOSE LUIS LEZKANO (BRANCH CHIEF)

SHIHAN: FCO. JAVIER LEZKANO (WORLD CHAMPION KATA)

SENSEI: ZURINE ECIOLAZA (2ND PLACE WORLD CHAMPION)

SENSEI: PABLO ESTENSORO -2ND PLACE WORLD CHAMPION

PLACE OF COURSE - ZARAUZ - SPAIN

START - FRIDAY 29 TH OF MARCH AT 10 am

END - SUNDAY 31 ST OF MARCH AT 13 am

RECOMMEND MATERIAL - 2 Karateguis,

Training shoes, water jacket , personal cleanliness equipment , and sleep bag.

PROTECTIONS: shin and feet protections,, knee protection and gloves.

ACTIVITIES OF COURSE.

- ATTITUDE
- ATTACK
- DEFENSE
- COUNTERATTACK
- ANTICIPATION
- STRATEGY
- MENTAL TRAINING

PRICE: 110 € Include, 2 Days (all the meals are included)

8 Training sessions, and video sessions.

BE SURE TO BE IN GOOD CONDITION.

THE ADMISION OF COURSE WILL BE IN ORDER OF INSCRIPTION

IN BANK ACCOUNT -CAJA LABORAL 3035 0012 75 0120005170

18/03/2013 LAST DAY OF INSCRIPTION

THE SUCCESS DEPENDS ON YOUR SPIRIT.

TRAIN WITH CHAMPIONS, THEY CAN HELP YOU TO OBTAIN YOUR OBJECTIVE.

INTERESTED TO TAKE PART, KEEP IN TOUCH AT YIN-YANG CLUB.

TLF/ 945 25 11 38 FAX/ 945 25 11 38 Movil/ 699 75 65 78

Email/ gimnasioyin-yang@yinyang.e.telefonica.net

www.gimnasio-yinyang.com

