



Karaté Do Shotokai Valence – Aïkikan

www.karatevalence.com

IKDS WORKSHOP VALENCE

Saturday 16th and Sunday 17th march 2019

Topic "Kata & Kumite"

Managing by Andoche Kaine Senseï (member of technical IKDS commission)



Horaires

Saturday

9h – 9h30 : welcome

9h30 – 11h30 : Keiko (teens & adults all level)

Lunch

15h – 17h : Keiko (teens & adults all level)

17h – 18h : Keiko (2nd kyu to Dan level)

18h – 19h : relaxation

Sunday

9h30 – 11h30 : Keiko (teens & adults all level)

Price Teens/Adults : 20 €

(25 € no IKDS member – free for practitioners coming from abroad)





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WORKSHOP IKDS VALENCE

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WORKSHOP PROGRESS

Saturday morning : registration at 9:00 am and keiko in Dojo, Avenue de la Comète at Valence, free parking.

RESTORATION

Saturday midday meal : Free , restaurant in Valence city. Will be book Saturday morning.

Saturday evening meal : Single menu : 15€

To share a good time together, Valence team will organize meal at the restaurant. So the evening will be successful, **thank you confirm your presence at this meal and number of person at the following address :**

contact@karatevalence.com **before Friday, March 8th**

Sunday midday meal : free (possibility of providing a picnic away, closer to Kevin contact@karatevalence.com)

HOTELS

Hotels within walking distance on dojo :

Hôtel Les Négociants (average 54€/night)

27 Avenue Pierre Semard - 26000 VALENCE

Tél. : +33 4 75 44 01 86 - Email : hotel.les-negociants@wanadoo.fr

Appart'City Valence (average 60 €/night)

6 Rue Célestin Poncet – 26000 VALENCE

Tél. : +33 4 56 58 97 97 – E-mail : valence@appartcity.com

Hotels within driving on dojo :

Hôtel Première classe Valence Sud (average 40 €/night)

59 Avenue des Aureats – 26000 VALENCE

Tél : +33 4 75 44 02 96

Hôtel Ibis budget Valence Sud (about 44€/night)

Rue Chantecouriol - 26000 VALENCE

Tel. + 338 92 68 06 73

Renseignements:

06 09 24 22 06

contact@karatevalence.com

