

## Kyokushin Gasshuku Sportcamp CH-Melchtal 29.9.-1.10.2023



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[www.karate-ow.ch](http://www.karate-ow.ch)

[www.ming-karate.ch](http://www.ming-karate.ch)

**Instruktoren:** **Kancho Pedro Roiz 8. DAN**  
**Shihan Klaus Ming 7. DAN**  
**Shihan Daniel Sanchez 6. DAN**  
**Shihan Fadil Haxhosaj 6. DAN**  
**Sensei Eveline Wallimann 4. DAN**

Gasshuku:	Kyokushin Kihon	Individual trainings indoors and outdoors
	Kyokushin Kata	Individual trainings indoors and outdoors
	Kyokushin Kumite	Individual trainings indoors and outdoors
You need:	Shoes for outdoor training	

**Address:** Sportcamp Melchtal, Fruttstrasse 36, CH 6067 Melchtal

Fee:	under 16	Fr. 180.-
	16 and over	Fr. 190.-
What you get:	2 nights accommodation at the Sportcamp with bedding / Saturday; breakfast, lunch and dinner / Sunday; breakfast / tea and water / all trainings	

**Registration:** Available now via WhatsApp/SMS to Klaus Ming +41 79 759 11 87 or E-Mail: [klaus.ming@karate-ow.ch](mailto:klaus.ming@karate-ow.ch) (individual or through your dojo)  
Indicate: Name Surname, Date of birth, Grade, Dojo  
All clubs welcome regardless of affiliation, all grades welcome (from 10th Kyu), from 7 years old

**Registration closes:** 20. September 2023 (vegan, vegetarian, allergies etc. please inform)

**Payment:** After registration, send the fee to  
Obwaldner Kantonalbank Sarnen, Ming-Karate, Feldstrasse 13, Sarnen  
IBAN CH79 0078 0000 3483 3611 4  
or TWINT to Klaus Ming +41 79 759 11 87

**Links:** <https://sportcamp.ch>  
[www.karate-ow.ch](http://www.karate-ow.ch)  
[www.ming-karate.ch](http://www.ming-karate.ch)

## Timetable

Friday, 29. September 2023

*Check in at Sportcamp Melchtal*

from 18.00

**Kihon/Kata**

**Kumite** (in groups)

Training 1

20.00-21.30

Saturday, 30. September 2023

**Stretching** (everyone)

Training 2

7.00-8.00

*Breakfast*

from 8.30

**Kihon** (in groups) (**squad: Kumite**)

Training 3

10.00-11.30

*Lunch*

from 12.00

**Kata** (in groups)

Training 4

13.30-15.00

**Kumite** (in groups)

Training 5

16.00-17.30

*Dinner*

from 18.00

*Afterwards Sayonara-Party*

Sunday, 1. Oktober 2023

*Breakfast*

from 8.00

**Kihon/Kata**

**Kumite/Randori** (in groups)

Training 6

10.00-12.00

Check out



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