



## **Program**

09:30 - 09:45 Welcome

**09:45 – 10:00** Opening ceremony

10:00 – 12:00 Introduction sessions TaiKiKen, SMR Jodo, Karatedo Kyokushinkai

**12:00 – 13:30** Lunch (included)

**13:30 – 16:15** Training sessions in separate groups

**16:30 – 17:00** Presentations & Closing

We offer you to expand your knowledge and to explore the common concepts in the different martial arts.

That's why we recommend all participants to take part in each session.

## Location

Sporthal "Indische buurt" Ambonstraat 1-2, 1335 JR Almere Buiten

## Costs

The entire stage costs € 65,00 which includes a simple lunch.

Shin-shinbuken members receive a discount of € 10,00.

Dinner on Saturday night is not included. We offer to join us at dinner, costs € 20,00 (drinks included).

## **Registration & Contact**

To register for the training, questions or information, please send an e-mail to: <a href="mailto:secretariaat@shin-shinbuken.nl">secretariaat@shin-shinbuken.nl</a>
Registration closes at May 7<sup>th</sup>.

If you need some help for lodging please contact Mr. H. Bakker by e-mail: <a href="mailto:bakkj.00@upcmail.nl">bakkj.00@upcmail.nl</a> or +316 5064 2153 Note: Bring your own Jo and Bokken.

Looking forward to see you June 17th! The Board of Shin-ShinBuKen