



FRENCH NATIONAL SEMINAR SHINKYOKUSHINKAI 2016

**APRIL, FRIDAY 29th - SATURDAY 30th and SUNDAY MAY 1st
WATTIGNIES-LOOS (LILLE - NORD)**

Lille March 22nd, 2016

Shihan, Sensei, Sempai & responsables de Dojo,

We are pleased to welcome you to participate at **The French National Shinkyokushinkai Seminar in the cities of** Wattignies and Loos (near Lille – North of France) **from Friday April 29th 6 :00 pm to Sunday May 1st 1:00 pm.**

INSTRUCTORS :

- **Shihan Koen SPITAELS**, 5th Dan, BC Belgium (former international open's winner)
- **Sensei Muzaffer BACAK**, 4th Dan 1999 vice World Champion
- **Sensei Bernard NAZARET**, 4th Dan (France)
- **Sensei Johnny DESMEDT**, 3rd Dan (France), vice-European champion 06 & 07
- **Sempai Sébastien VANROYEN** (France), senior European champion 08

Where : CREPS of Wattignies and dojo Loosois (Dôme)

Physical training, fighting with good specialists, technics (kihons, idogeiko, katas, bunkai).

Grading test up to Sandan ! (10 € for Kyus, 20 € for Dans).

Cost of the seminar :

- 115 € all inclusive from Friday evening till Sunday morning (meals + accommodation)
- 60 € without accommodation nor meals
- 8 € the meal ordered in addition

The deadline to register is April 20th, 2016, but the room to have full accommodation is limited, therefore I invite you to register as soon as possible ! Email : sebkyoku@aol.com

OSU !

Seminar Manager
Sébastien VANROYEN
Gsm. 00 33 6 70 46 15 33
Email. Sebkyoku@aol.com

President of FSKO
Pascal ROUXEL
Mas OYAMA French
Branch Chief n°41546

Useful information :

Address of the CREPS : 11, rue de l'Yser – 59139 WATTIGNIES – phone : 03 20 62 08 10
Address of the Dôme : Dojo loosois Parc Notre Dame, Voie 3, 59120 LOOS (3 km de Lille).
Address of the Natural and Leisure Park : 24, chemin de Flesquières – 59120 LOOS





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TIMETABLE :

Friday 4:30 to 6 :30 pm : registration

Friday 7:00 to 8:00 pm : training n°1 all together

Friday 7:00 pm - Grading Test

Friday 8:30 - 9:00 pm : Dinner except for those who are passing their grading test.
They will have dinner after it.

Saturday 6:45 - 7:45 am : training N°2 outside - heart training

Saturday 8:00 - 9:00 am : breakfast

Saturday 9:15 am - departure whether to the Dôme of Loos or the Natural and Leisure Park

Saturday 9:45 - 1:45 am : Training n°3 per group

Saturday 11:00 - 12:00 am : Training n°4 per group

Back to the CREPS for lunch at 12:30 am

Saturday 2:00 pm - departure whether for the Dôme of Loos or the Natural and Leisure Park

Saturday 2:30 - 3:45 pm : Training n°5 per group

Saturday 4:00 - 5:15 pm : Training n°6 per group

Saturday 5:30 - 6:30 pm : Training n°7 all together

Back to the CREPS for dinner at 7:00 pm then free time

Sunday 8:00 - 9:00 am : breakfast

Sunday 9:15 am : Check out at the CREPS and Departure to the Dôme of Loos

Sunday 10:00 - 12:00 am : 50 fights (2 mn) then fights for the Grading

Sunday 12:30 : Results of the Grading Test

Sunday 1:00 pm : End of the seminar and photos

