

TKFGB Summer Camp, 3-7 August 2017



TKFGB will be running an International Gasshuku (training camp) from Thursday 3rd August to Monday 7th August 2017 at the Dojo Stara Wies, Poland (please check out www.dojostarawies.com).

The Gasshuku is open to all TSKUK and TKFGB members regardless of grade and age. Karate participants can be accompanied by family members or friends .

Accommodation

The Gasshuku will be held at the Dojo Stara Wies, (full details available on www.dojostarawies.com). The accommodation costs of £45 per person per day include:

- full board (breakfast, lunch and evening meal, tea, coffee and soft drinks)
- a bed in a beautiful Japanese-style cottage (based on four nights stay)
- 16 training sessions over the whole stay

Please note – as this is our first ever event abroad, we have negotiated a very discounted price.

Travel Arrangements

If you wish to attend the Gasshuku, you need to make your own travel arrangements to the Dojo Stara Wies.

The closest airports are:

Łódź Władysław Reymont Airport,
Katowice International Airport,
Krakow Balice International Airport,
Warsaw Chopin Airport.

Should you choose to travel to Katowice Airport, we might be

able to arrange a transfer from the airport to the Dojo Stara Wies and would ask you to provide us with your flight details in order to facilitate this.

Booking

All bookings must be confirmed with your association and secured with a 50% deposit (£90 per person) by 17th Apr 2017. Please note that places are limited and will be allocated on a first come first served basis.

The deposit must be paid by BACS, in cash or cheque, made payable to the "TKFGB". **The deposit is not refundable.**

Please complete the attached [booking form](#) and return it to your *club instructor* or email to *office@tkfgb.co.uk*.

Proposed Schedule (subject to change)

Thursday 3rd August

Arrivals from 12 noon

Lunch 12.30pm

Evening Meal 6.00pm – 8.00pm

Training session 7.30pm – 8.30pm

Friday 4th, Saturday 5th & Sunday 6th August

Training session 7.30am – 8.30am

Breakfast 8.30am – 10.00am

Training session 10.30am – 11.30am

Training session 11.45am – 12.45pm

Lunch 1.00pm – 2.30pm

Training session 3.30pm – 4.30pm

Training session 4.45pm – 5.45pm

Evening Meal 6.30pm – 8.00pm

Sun 6th August

'Sayonara Party' – disco 8.00pm

Monday 7th August

Breakfast 8.30am – 10.00am

Departures before 12.00pm

Please note that Sauna and Jacuzzi available at the Dojo Stara Wies can be used at no extra cost.