



STAGE KARATÉ

KYOKUSHINKAI

25&26 AVRIL 2020



PARIS XIV^e

**INSTITUT
NATIONAL
DU JUDO (INJ)**

**21 AV DE LA PORTE
DE CHÂTILLON**

**HORAIRE :
SAM 10H-12H30 / 14H30-18H
DIM 10H-13H**

Inscription en ligne
sur www.ffkarate.fr



AVEC LES EXPERTS INTERNATIONAUX

Shihan Stanisławek EUGENIUSZ - 7ème Dan (Pologne)

Shihan Christian LEJEUNE - 6ème Dan (Belgique)

Shihan Nuccio LIBORIO - 5ème Dan (Belgique)

PROGRAMME



SATURDAY, APRIL 25TH

9:00 - 18:00

DURATION	START	STOP	TRAINING
1 hour	9:00	10:00	Meeting
0,5 hour	10:00	10:30	Stamina
2 hours	10:30	12:30	Kihon-Kata
1,5 hours	13:00	14:30	Lunch
1,5 hours	14:30	16:00	Kumite 1
1,5 hours	16:30	18:00	Kumite 2

SUNDAY, APRIL 26TH

9:00 - 14:00

DURATION	START	STOP	TRAINING
1 hour	9:00	10:00	Footing-Stamina***
1,5 hours	10:00	11:30	Kihon-Kata 1
1,5 hours	11:30	13:00	Kihon-Kata 2
1 hour	13:00	14:00	Lunch

PRICE & REGISTRATION

TRAINING IS FREE FOR ALL PARTICIPANTS.
LUNCH INCLUDED if BOOKED ONLINE (saturday lunch & sunday lunch)

PLEASE CLICK ON THE LINK BELOW TO REGISTER :

<https://www.ffkarate.fr/calendrier/stage-experts-kyokushinkai/>

GENERAL INFORMATION



STADIUM & ACCOMMODATION

THE INJ - NATIONAL JUDO INSTITUTE

INJ - Institut National du Judo
21 avenue de la Porte de Chatillon
75014 PARIS



HOTELS & TRANSPORTATION

The stadium and the Headquarters of the Federation are located in the south of Paris, near the Porte d'Orléans (Paris 14th). This neighbourhood is easily accessible by metro (line 4), tramway (line 3a) and by car.

You can find below a list of hotels in less than 15-min walking distance:

Three-stars hotels

- Hotel Ibis Porte d'Orléans (HQ) – 33, rue barbès – 92120 Montrouge
- Hotel Ibis Paris Alesia Montparnasse – 49, rue des plantes – 75014 Paris
- Hotel Mercure Paris Malakoff Parc des Expositions – 129 avenue Pierre Brossolette – 92240 Malakoff
- Hotel Châtillon Paris Montparnasse – 11, square de Chatillon – 75014 Paris

One-star hotel

- Hotel Formule 1 (low cost) – 23, avenue de la Porte de Châtillon – 75014 Paris (directly on the Hall INJ).

CONTACT INFORMATION

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