

TRAINING COURSE IN AIKIDO AND IAIDO AT BRAS 2006
 Saturday the 23rd until thursday July 27, 2006

Under the direction of Claude Pellerin and Michel Prouvère

SCHEDULES

Exercise 07:00 – 08:00
 Breakfast 08:00 – 09:00
 Aikido 09:00 – 10:30
 Iaido 10:30 – 12:00
 Afternoon free
 Iaido 17:30 – 19:00
 Aikido 19:00 – 20:30
 Dinner from 21:00

Prices

Full package (including course)
 (5 nights/room for 4 persons, breakfast and dinner including)
 Arriving on Saturday: € 280,-
 Arriving on Sunday: € 250,-
 Room for 2 persons: € 20,50 extra / night
 Prices of courses only:
 4 days aikido and iaido € 100,-
 4 days aikido or iaido € 65,-
 1 day aikido and iaido € 30,-
 1 day aikido or iaido € 15,-
 1 evening aikido and iaido € 20,-
 1 evening aikido or iaido € 10,-
 Food prices
 breakfast € 4,-
 dinner € 13,-

Info

The arrival is planned for Saturday evening, the departure for Friday morning. There is a possibility to practice Sunday morning directed by the trainees during the schedule of the course. First training Sunday afternoon, last training Thursday morning. On Thursday afternoon, there will be the cleaning of the building, the surrounding and the preparation of the barbecue.

The trainees contribute to the operation of the school (maintenance of the building) and the good spirit.

Inscription

Please confirm your participation before May 15, 2006 with Eddy de Vos: devosbras@gmail.com
 Payment will be made in advance on the account number 0632294816-25 in name of Eddy de Vos, Poelkveldstraat 39, 1760 Roosdaal, Belgium (iban: BE70-0632-2948-1625; Swiftcode: GKCCBEBB).

Reservation du séjour

Nom:

Adresse:

e-mail:

reserve à partir du

☐ samedi 22-07-06 (280 €)

☐ dimanche 23-07-06 (250 €)

Verse également le montant pour la participation au stage

Montant totale de € à verser ou numero du compte 0632294816-25
 Au nom de Eddy de Vos, Poelkveldstraat 39, 1760 Roosdaal, Belgique
 Iban: BE 70-0632-2948-1625, Swiftcode: GKCCBEBB
 Avec la mention : nom /Bras 2006

Reservations uniquement pour les entrainements

Nom:

Participe au entrainements suivant

	23/07	24/07	25/07	26/07	27/07
Exercices du matin	☐	☐	☐	☐	☐
Aikido 09u00-10u30	☐	☐	☐	☐	☐
Iaido 10u30-12u00	☐	☐	☐	☐	☐
Iaido 17u30-19u00	☐	☐	☐	☐	☐
Aikido 19u00-20u30	☐	☐	☐	☐	☐

Reservations des repas

Nom:

Reserve pour les repas suivant

	23/07	24/07	25/07	26/07	27/07
Petit déjeuner	☐	☐	☐	☐	☐
Repas du midi	☐	☐	☐	☐	☐
dîner	☐	☐	☐	☐	☐