

GUADARRAMA - ESPAÑA

DEL 19 AL 25 DE JULIO DE 2020

HOSTAL RESTAURANTE - PIQUIO
PASO MOLINO DEL REY 1 - GUADARRAMA (MADRID)

SALA DE ENTRENAMIENTO
POLIDEPORTIVO MUNICIPAL GUADARRAMA - AULA DE KARATE



**MAESTRO
JESÚS LATORRE**

KATAS - KUMITE - KIHON - BUNKAI
3 HORAS DIARIAS DE ENTRENAMIENTO
ENTRENAMIENTO ESPECIAL PARA COMPETIDORES DE KATA
TODOS LOS NIVELES Y EDADES

BAILE - BODY TONIC - GIMNASIA
PARA LOS ACOMPAÑANTES Y FAMILIARES

**!!!PRECIOS ÚNICOS E
INIGUALABLES!!!**



Información en: info@karateguadarrama.com - Tlfno.: +34 619 720 130

VACACIONES PARA TODA LA FAMILIA Y AMIGOS
ENTRENAMIENTOS - SENDERISMO - EXCURSIONES A
MADRID, S. L. DE EL ESCORIAL, SEGOVIA Y AVILA



Gasshuku Karate Do – Guadarrama, July 19 - 25 2020

In the summer of 2020 we'll hold our third one-week karate course.

As we want to do something different, following the success of previous years, we want to offer not just a karate course but a true family holiday – one week to enjoy our martial art, our family and a town with mountains, a natural, cultural and festive environment making it wholly unforgettable.

We have taken everything into account: lodging at Hostal Piquio with an unchallenged quality/price rate; top rate sport venues at Guadarrama local sports centre; **dojo at Polideportivo Guadarrama** (a five minute walk from the lodgings) and additional activities with optional visits to Madrid, Segovia, Ávila, San Lorenzo de El Escorial and a hiking route through the Guadarrama sierra.

To prevent our companions from getting bored while we practise karate other activities like dancing, body tonic and other sport modalities are scheduled simultaneously to our classes.

Teaching in the Gasshuku will be in charge of Sensei Jesús Latorre (3 times world team kata champion and 2 times Europe team kata champion), with 41 years of practice and 33 years of teaching as a karate sensei, who will elaborate on traditional karate, kata, applications and bunkai, kumite, self-defense and will propose correction work for kata competitors.

All of this with a price allowing the enjoyment of an unforgettable week with family or friends; we have looked for an budget offer, having been unable to find a similar lodging in Spain for less than double this price.

Check-in on Sunday 19 in the evening (room and schedules assignment from 15:00) and check-out on Saturday 25 after breakfast (full lodging and course comprised):

- ✓ **€344** each in **quadruple rooms**, **€354** each in **triple rooms**, **€375** each in **double rooms** and **€429** each in **single rooms**.
- ✓ **€359** each in **upper-class quadruple rooms**, **€374** each in **upper-class triple rooms**, **€404** each in **upper-class double rooms** and **€494** each in **upper-class single rooms**.
- ✓ **Full lodging comprises access to Piscina Municipal de Guadarrama (Guadarrama local pool) (stipulated days only).**
- ✓ **Course only, without lodging at Hostal Piquio, €140.**
- ✓ **On Friday July 24 an end of course dinner will be held for all attending; for those without full lodging the price will be announced in the course.**

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- ✓ **Not included: transfers and tickets for excursions.**
 - ✓ **Attendants must have a medical or federative insurance policy. The Gasshuku will not be held responsible for any injuries suffered in the training sessions.**
 - ✓ **A 20% non-redeemable reservation fee will be paid before March 31 2020, the remaining fee will be paid before July 1 2020.**
 - ✓ **Attendants will give up their image rights for photos or videos recorded in the Gasshuku to Asociación de Karate Shito Kai Sierra del Guadarrama.**
 - ✓ **No recordings or photographs by people outside the organization will be allowed in the classes.**
 - ✓ **Please confirm the availability of rooms before booking any reservations.**
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For reservations between March 31 and July 15 an extra fee of €40 per individual must be paid. Please confirm the availability of rooms before booking any reservations.

Payment data

All fees must be paid through wire transfer or bank deposit to:

Asociación de Karate Shito Kai Sierra del Guadarrama

IBAN: ES65 0030 1138 06 0000254271 **SWIFT:** ESPCESMM 0030 1138 06 0000254271

Clearly indicating name, surname and “reserva Gasshuku Guadarrama 2020”.

Guadarrama Sierra de Madrid



Madrid (Excursión)



Segovia (Excursión)





San Lorenzo de El Escorial (Excursión)



Avila (Excursión)



Hostal Piquio – Guadarrama





Valencia 2018



Valencia 2019

