

Kangeiko 2018 with SHINJI AKITA

What is "Kangeiko"?

Kangeiko traditionally means to train in the early morning during the very cold period of January.

To train in such hard conditions could bring yourself to the limit physically and mentally, but it also improves your technique. The main purpose though is to create strong discipline and spirits which keeps you going throughout the rest of the year...

Shinji Akita would like to invite you to the challenge of the Kangeiko and to experience the special energy of this event. He wishes you a good start into a healthy, prosperous and successful new year.



WHEN

Date	18, 19, 20 January 2018
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WHAT

	3 days karate training course*
with	Shinji Akita
Focus on	Work out, general Karate exercise

WHERE

Address	FitFun Sportpark Limburg , Robert Bosch Straße, D-65549 Limburg
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SCHEDULE*

Thursday, 18. January	06.00 - 07.00	All grades	Afterwards breakfast.
	19.30 - 21.00	All grades	
Friday, 19. January	06.00 - 07.00	All grades	Afterwards breakfast.
	19:30 - 21.00	All grades	
Saturday, 20. January	11.00 - 12.00	9. – 5. Kyu	Kihon
	12.00 - 13.00	4. Kyu – Dan	Kihon
	13.30 - 14.30	9. – 5. Kyu	Kumite
	14.30 - 15.30	4. Kyu – Dan	Kumite
	15.30 - 16.30	9. – 5. Kyu	Kata
	16.30 - 17.30	4. Kyu – Dan	Kata

FEES

3 DAYS complete course	55 Euro	Please write to us and book your place before the 01. January 2018.
1 DAY only (Thursday / Friday)	15 Euro	Pay at the door
SATURDAY only	25 Euro	Pay at the door.

CONTACT & INFORMATION

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*We need at least 10 participants for the Kangeiko. The course on Saturday will take place regardless of the number of participants.