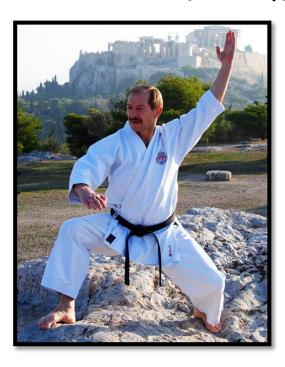


## **GASSHUKU WITH**

## SENSEI VELIBOR DIMITRIJEVIC

7TH DAN, KASE HA SHOTOKAN RYU KARATE-DO Ås (Aas), Norway, 15-17<sup>th</sup> of January 2016



Sensei Dimitrijevic is the leader for Shotokan Karate-Do Academy in Serbia, and a former karate champion.

He is well known for his focus on stands, breathing and *kime*, as well as his instructions of exceptional pedagogical qualities.

Questions? Contact Sensei Thomas Smestad: thomas@smestad.no

Place: Brønnerud skole, Drøbakveien 63, 1430 Ås

Friday 15th

19.00-20.30: Brown + Dan grades

Saturday 16th

10.30 - 11.30: All belts

11.30 - 12.30: All belts

13.00 - 15.00: Brown + Dan grades

15.00 - 16.00: Theory

Sunday 17th

10.30-12.00: All belts

12.30-14.00: Brown + Dan grades

Prices, brown + Dan:

All sessions: 600 NOK

One day: 400: NOK

Prices colored belts:

All sessions: 300 NOK

One session: 200 NOK

NB! We prefer payment by card!

Accommodation: THON Hotel in Ski (recommended):

<u>Thon Hotel</u> offers participants discounted rates on single (795,-) double (795,-), triple (995,-) and quadruple (1195,-) rooms. Contact person: Elise Øverland, e-mail: <a href="mailto:ski.booking@thonhotels.no">ski.booking@thonhotels.no</a> Refer to their sport deal ("Thon sport").