

May, 16th 2018

Dear Kusano-ha friends,

One year ago we decided to pimp up our annual beach Gasshuku, so we organised a "special edition". Because of the huge success and after hearing many positive reactions, we decided to organise the same event this year.



The Belgium Beach Gasshuku takes place on **Saturday 30th June 2018** at the beach of Wenduine. We would like to welcome you to this event. Together with the students of Kenshikan Belgium we will make it a fun and instructive day, filled with karate and beach activities!!

What's so special about this edition...

Extra sport activities

Just like last year, we provide some cool activities after the karate sessions. These activities are led under the experienced instructors of Surfing Elephant vzw. Which activities are we talking about? What do you think of golf surfing, sea-kayak, beach kite, supping (stand up paddle), sea rafting and long boarding!



Some activities are limited in number of participants or are weather dependant; therefore we ask you at the registration form to give a number to each activity. Number 1 for your most preferred activity and number 7 for your least preferred one. 1 or 2 days before the event we will know what activities are possible (according to weather conditions) and decide which activity you will be able to do, taking in consideration your preference order.



For children below age 11, we provide a visit to an indoor swimming pool (for safety reasons) where they have a big inflated crocodile to climb on and jump off from. Children older than 10 years old can also choose to go swimming, if they want.

BBQ

During the lunch break everybody brings their own food and beverages, but after a whole day of activities, you might need something more than a simple sandwich, right? To end the day in style, you can enjoy a nice BBQ on the beach! For this we also use the service of Surfing Elephant vzw. The BBQ includes three pieces of meat (normal or vegetarian) and a vegetable buffet.

Not a big fan of BBQ??

You can also bring your own food if you want, but drinks must be bought at the surf club.



Schedule

- 09u30 arrival at the beach
(Manitobahelling 8420, 8420 De Haan)
- 10u00 1st karate session
- 11u30 lunch
- 12u30 2nd karate session
- 13u30 short break
- 13u45 3rd karate session
- 14u30 prepare for extra activity or swimming (kids U11)
- 15u00 extra activity
- 16u00 prepare for BBQ
- 17u00 start BBQ



What to bring?

- Casual clothes (T-shirt, pull-over)
- Karate gi and belt
- swimming suits, sun crème, sunglasses, beach towel
- just in case we have a little rain shower (didn't happen in years, but you never know):
 - dry backup clothes, rain jacket where you can train with (model KW), plastic bag to put in your wet clothes
- lunch pack, money for toilet or drinks during the BBQ
- a lot of enthusiasm ☺

Price?

Beach Gasshuku (karate sessions)	Free
Extra sport activity	€ 12 p.p.
<i>Visit to indoor swimming pool</i>	€ 2 p.p.*
BBQ	€ 18 p.p.
	€ 15 p.p.*

* for kids below age 11



Registration?

Easy! Fill in the registration form attached with this mail and send it to us before June 12th 2018.
See you there!!

Team Kenshikan Belgium, with the cooperation of Surfing Elephant Events VZW



Dojo chief Kenshikan Sint-Amandsberg : De Winne Steven – Renshi – 5^o Dan WKKA – Fuku Shihandai B
Dojo chief Kenshikan Lochristi : Rouckhout Laurent – 4^o Dan WKKA – Shidoïn A
Dojo chief Kenshikan Merelbeke : Vervust Geert – 2^o Dan WKKA – Shidoïn ho