

# Kangeiko 2012 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, 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.

挑<sub>ido</sub>

む<sub>mu</sub>

-Challenge-

## WHEN

Date	31 January, 1, 2, 3 and 4 February 2012
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## WHAT

	5 days karate training course
with	<a href="#">Shinji Akita</a>
focus on	Work out, general Karate exercise

## WHERE

Address	<a href="#">FitFun Sportpark</a> Robert Bosch Straße, 65549 Limburg, Germany	<a href="#">Map</a>
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## SCHEDULE

Tuesday, 31 Jan	20.00 - 21.30	All grade	
Wednesday, 1 Feb	6.00 - 7.00	All grade	Breakfast
	20.00 - 21.30	All grade	
Thursday, 2 Feb	6.00 - 7.00	All grade	Breakfast
	20.00 - 21.30	All grade	
Friday, 3 Feb	6.00 - 7.00	All grade	Breakfast
	20.00 - 21.30	All grade	
Saturday, 4 Feb	10.30 - 12.00	9 - 5 kyu	Kihon
	12.00 - 13.30	4kyu - Dan	Kihon
	14.00 - 15.00	9 - 5 kyu	Kumite
	15.00 - 16.00	4kyu - Dan	Kumite
	16.00 - 17.00	9 - 5 kyu	Kata
	17.00 - 18.00	4kyu - Dan	Kata

## FEEES

*5 DAYS complete course with Breakfast	50 Euro	Please write to us to book your place before the 22nd January
1 DAY Only (Tuesday to Friday)	10 Euro	Pay at the door
SATURDAY Only	20 Euro	Pay at the door

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

## CONTACT & INFORMATION

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