

# 瑞西空手友会

## TOMOKAI - INTERNATIONAL KARATE SEMINAR

30./31. März 2019



**Soke SAITO DEL SHIGEO**  
10 DAN Okinawa Karate



**Hanshi IONEL BARA**  
9 DAN Okinawa Karate



**Shihan TONI ROMANO**  
8 DAN Shotokan

**Attention: New sportshall!**

**Meiersmatt, Südstrasse 36, 6010 Kriens, Switzerland**

### Program

#### Saturday

09:00 – 10:30	White / Yellow / Orange
10:45 – 12:15	Green - Black
12:30 – 14:00	White - Orange
14:15 – 15:45	Green - Black

#### Sunday

08:30 – 10:00	White / Yellow / Orange
10:15 – 11:30	Kyu exams
11:30 – 13:00	Green - Black
13:15 – 14:30	Kyu exams

### Training fee

Adults

Entire course (Sat+Sun) CHF 60

One training CHF 30

Children (up to 16 years)

Entire course (Sat+Sun) CHF 40

One training CHF 20

# Getting there



## 1 Luzern Bahnhof Obernau Dorf



	Montag bis Freitag	Samstag	Sonn- und Feiertag	
4	42 57	42 57	42 57	4
5	13 23 33 40 48 55	13 23 33 40 47 54	12 23 32 47	5
6	02 07 12 16 24 32 39 46 54	01 08 16 24 31 38 46 54	02 17 32 47	6
7	01 09 16 24 31 39 46 53	01 09 17 19 25 32 40 47 55	02 13 17 32 42 47	7
8	00 08 15 23 30 38 45 53	02 10 17 25 32 39 47 54	02 12 22 32 42 47 52	8
9	00 08 15 23 30 38 45 53	01 09 16 24 31 39 46 54	02 12 22 32 42 52	9
10	00 08 14 22 29 37 44 52 59	01 09 16 24 31 39 46 54	02 12 22 32 42 52	10
11	07 14 22 29 37 44 52 59	01 09 16 24 31 39 46 54	02 12 22 32 42 52	11
12	07 14 22 29 37 44 52 59	01 09 16 24 31 39 46 54	02 12 22 32 42 52	12
13	07 13 22 29 37 43 53 59	01 09 16 24 31 39 46 54	02 12 22 32 42 52	13
14	07 14 22 29 37 44 52 59	01 09 16 24 31 39 46 54	02 12 22 32 42 52	14
15	07 14 22 29 37 44 52 59	01 09 16 24 31 39 46 54	02 12 22 32 42 52	15
16	07 14 22 29 37 46 54	01 09 16 24 31 39 46 54	02 12 22 32 42 52	16
17	01 09 16 24 31 39 46 54	01 09 16 24 31 39 46 54	02 12 22 32 42 52	17
18	01 09 17 25 32 40 47 55	01 09 16 24 31 39 46 54	02 12 22 32 42 52	18
19	02 10 17 25 32 40 47 55	01 09 15 22 29 37 44 52 59	02 12 22 32 42 52	19
20	00 15 30 45	15 30 45	00 15 30 45	20
21	00 15 30 45	00 15 30 45	00 15 30 45	21
22	00 15 30 45	00 15 30 45	00 15 30 45	22
23	00 15 30 45	00 15 30 45	00 15 30 45	23
0	00 15 35	00 15 35	00 15 35	0

Public transport  
 Train to Lucerne main station  
 Bus No 1 direction Kriens /  
 Obernau  
 Bus stop Pulvermühle

Car  
 It is allowed to park on the  
 schoolyard.

## Contact

KARATE TAISHO

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