

瑞西空手友会

TOMOKAI - INTERNATIONAL KARATE SEMINAR

17./18. March 2018



Soke SAITO DEL SHIGEO
10 DAN Okinawa Karate



Hanshi IONEL BARA
8 DAN Okinawa Karate



Shihan TONI ROMANO
7 DAN Shotokan

Program

Saturday	Amlehn sports hall Amlehnstrasse 29, 6010 Kriens	Dojo Luzernerstrasse 82, 6010 Kriens
09:00 – 10:30	White / Yellow / Orange	
10:45 – 12:15	Brown / Black	Green / Blue
12:30 – 14:00	White / Yellow / Orange	
14:15 – 15:45	Brown / Black	Green / Blue

Sunday	Amlehn sports hall
08:30 – 09:30	White / Yellow / Orange
09:30 – 11:00	Kyu exams
11:00 – 12:30	Green - Black
12:30 – 13:30	Kyu exams

Training fee

Adults

Entire course (Sat+Sun) CHF 60

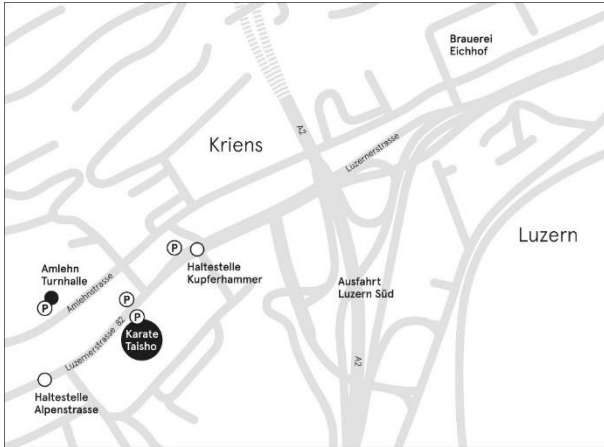
One training CHF 30

Children (up to 16 years)

Entire course (Sat+Sun) CHF 40

One training CHF 20

Getting there



Public transport

Train to Lucerne main station

Bus No 1 or 5 direction Kriens / Obernau
 Bus stop Kupferhammer or Alpenstrasse
 (timetable Bus No. 1 see below)

Car

It is allowed to park on the schoolyard.

A parking ticket is necessary (vending machine on the left side at the entrance to the schoolyard).

1 Luzern Bahnhof Obernau Dorf



	Maihof	Maihofmatten-Rötsche	Weggismatt	Schlossberg	Wiesenhilfen	Löwenplatz	Luzernerhof	Schwanzplatz	Luzern Bahnhof	Kantonalebank	Plattausplatz	Moosegg	Paulusplatz	Eichhof	Groschofstrasse	Kupferhammer	Alpenstrasse	Schachenstrasse	Holmatt - Ballpark	Zentrum Pilatus	Kriens Buschleite	Schappig-Center	Pulvermühle	Feldmühle	Hammer-schmiede	Stampfali	Obernau Dorf	ca. Reisezeit		
🕒	Montag bis Freitag		Samstag		Sonn- und Feiertag		🕒																							
4	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	

Catering

In the cafeteria of the Dojo there is a small but nice catering offer.
 Supermarket «Denner» and a bakery are nearby.

Contact

KARATE TAISHO

Luzernerstrasse 82, 6010 Kriens, Switzerland

+41 41 210 10 22 info@taisho.ch