



## TRAINING CAMP GRAN CANARIA

Mogán, 30.10.-04.11.2023

Hello,

Do you want to spend a week in the best climate in Europe? Are you looking for a little paradise?

We will help you to find it. As close to the sea as to the mountains, in the south of the island of Gran Canaria, Mogán stands out for its excellent climate, its beaches and unique landscapes, and a wide range of activities for all tastes.

With an average temperature of 21 degrees Celsius and the highest number of sunny days in Europe, it is the destination that guarantees good weather whenever you come. Experience the eternal summer.

At the same time you can continue practising the sport you like so much in a paradisiacal facility, where the best athletes in Europe have trained, and where our national team goes to prepare for the most important competitions on the international calendar.



What do you think? You will be able to train in a large space, with amazing views, so close to you that you won't have to move from the hotel itself.

You will have top quality training sessions, and enough time to spend a summer holiday in the middle of November.

Will you join us?

Here you will find all the necessary information, and we will be pleased to help you with any questions you may have.

Kind regards, see you soon,



Ewald ROTH



Juan Luis BENITEZ CARDENES

## TRAINING



**Place**

Mogán – Gran Canaria

**Country**

Spain

**Temperature**

16° – 24°

**Time**

(WET) UTC +0

**Training Place**

Gloria Palace Royal & Spa\*\*\*\*superior

**Training Facility**

Royal Room HGP Royal

**Tatami**

300 m<sup>2</sup> – WKF official approved

Progame Tatami by Trocellen

**Sessions**

Group sessions

Kata and Kumite

Organize



Partners



Institutions



Olympic Medal  
Bronze -55kg  
Bettina **PLANK**



Gold Medal  
2019 - 2023  
Bettina **PLANK**

**Juan Luis Benítez Cárdenes**  
Bachelor and Master Sports Science • World Karate Coach  
IBAN: AT67 1513 0002 8150 0306

## TRANSFER

<b>Airport</b>	Gran Canaria Airport – LPA
<b>Airport - Hotel</b>	55km
<b>Time</b>	35 minutes



## PLACE

<b>Accommodation</b>	Gloria Palace Royal Hotel & Spa****superior Calle Tamara I – 35130 Playa de Amadores Half board with water
<b>Room</b>	single or doble room

## TRAINING PROGRAM

	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Arrival Day	7 <sup>15</sup> - 8 <sup>00</sup>	7 <sup>15</sup> - 8 <sup>00</sup>	7 <sup>15</sup> - 8 <sup>00</sup>	7 <sup>15</sup> - 8 <sup>00</sup>	7 <sup>15</sup> - 8 <sup>00</sup>	Departure Day
	10 <sup>00</sup> - 11 <sup>15</sup>	10 <sup>00</sup> - 11 <sup>15</sup>	10 <sup>00</sup> - 11 <sup>15</sup>	10 <sup>00</sup> - 11 <sup>15</sup>	10 <sup>00</sup> - 11 <sup>15</sup>	
	17 <sup>30</sup> - 18 <sup>30</sup>	17 <sup>45</sup> - 19 <sup>00</sup>		17 <sup>45</sup> - 19 <sup>00</sup>		

## DATES

Arrival **Monday 30 October 2023**

Departure **Saturday 4 November 2023**

## CONTENTS

- Kihon – Kata
- Kumite technical – skill training
- Mobilization and Coordination



## EQUIPMENT

- Gi with official equipment
- Sport clothes

## TRAINERS

- Ewald **ROTH** 8 Dan
- Juan Luis **BENITEZ CARDENES** 7 Dan - Olympic Medal Coach

## COST

If you participate in the training and you have a companion, who does not take part in training, we have a special price for him or her.

- Training Camp; € 855/person.
- Accompanying person, € 790/person.

### The training camp includes:

- Training Camp 30.10.-04.11.2023.
- Double or single room to choose **before 15.07.**
- Transfer by group Airport – Hotel – Airport.
- Training Camp T-shirt
- (5) training days
- (11) training sessions
- Training Camp Present

## PAYMENT

- 1<sup>st</sup> payment: € 370 – person to confirm the reservation before July, 15  
This amount will not be returned if you cancel the reservation.
- 2nd payment: € 485 – participant before October, 10.  
2nd payment: € 420 – compain before October, 10.

Holder: Open Karate Club  
IBAN: ES63 0081 0438 8000 0148 4349

### Special cost:

- Transfer 1 - 2 persons additional cost € 50 person per way.
- Check price with the organiser [info@kumiteanalysis.com](mailto:info@kumiteanalysis.com) if you need an extra night.



Olympic Medal  
Bronze -55kg  
Bettina **PLANK**



Gold Medal  
2019 - 2023  
Bettina **PLANK**

Juan Luis Benítez Cárdenes  
Bachelor and Master Sports Science • World Karate Coach  
IBAN: AT67 1513 0002 8150 0306

## REGISTRATION FORM

Please fill out the registration form and send it by email [info@kumiteanalysis.com](mailto:info@kumiteanalysis.com)

Registration will be completed when you have made your first payment.

Registrations will be made on a first-come, first-served basis until all places are taken.

By registering you accept all the conditions detailed in this Bulletin.

Name	<input type="text"/>
Birthday	<input type="text"/>
Passport number	<input type="text"/>

Single room	<input type="checkbox"/>
Double room	<input type="checkbox"/>
Accompanying Person's name	<input type="text"/>

Outward flight date - dd/mm/yyyy	Number flight	Time - 00:00
<input type="text"/>	<input type="text"/>	<input type="text"/>
Return flight - dd/mm/yyyy	Number flight	Time - 00:00
<input type="text"/>	<input type="text"/>	<input type="text"/>

Request transfer airport - hotel	yes <input type="checkbox"/>	no <input type="checkbox"/>
Request transfer hotel - airport	yes <input type="checkbox"/>	no <input type="checkbox"/>

T-shirt size	36 <input type="checkbox"/>	S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>
T-shirt companion	36 <input type="checkbox"/>	S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>