

# TRAINING CAMP GRAN CANARIA APRIL 26<sup>TH</sup> – MAY 1<sup>ST</sup>



**Paolo Bolaffio 9.dan**  
**President WKMO**

This camp is arranged in beautiful **Puerto Mogán** on Gran Canaria from April 26th-May 1st 2020.

**First training Sunday 26th at 09:30 - last training Friday May 1st finished at 19:00**

Sensei Paolo Bolaffio 9.dan will be the leading instructor. He has a wide range of martial arts knowledge (Karate, Tai Chi Chuan, QI GONG, Pa Kwa Chang, Ping Ci, Ticao Gong).

Make use of this chance to participate in this adventure. Places are limited to 32 persons (included instructors) so hurry to registrate!

**The stay on Gran Canaria Island costs NOK 4.950 (495€) and includes:**

- Airport transfer (When majority of people arrive and leave)
- 7 nights (25.04-01.05) in an [apartment](#) with high standard (2-4 persons in each apartment)
- Cleaning
- 29,5 hours of training
- Travel guide

**REGISTER HERE!**

Activity	SCHEDULE SEMINAR GRAN CANARIA APRIL/MAY 2020						Comments
	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	
	Sun	Mon	Tue	Wed	Thu	Fri	
Morning swim	07:00	07:00	07:00	07:00	07:00	07:00	Before breakfast
Morning	09:30-12:30	09:30-12:30	09:30-12:30	09:00-12:00	09:15-11:15	09:00-12:00	Makotokai Karate
						Outside	
Afternoon	17:30-20:00	17:30-20:00	17:30-20:00	17:30-20:00	Excursion	17:30-20:00	Tai-chi
	Outside	Outside	Outside	Outside	Martell+LP	Outside	
Hours	5,5	5,5	5,5	5,5	2	5,5	29,5 hours of training
Excursion					12:00-19:00		Rest. Martell + Las Palmas

## Excursion to Restaurant Martell!

