

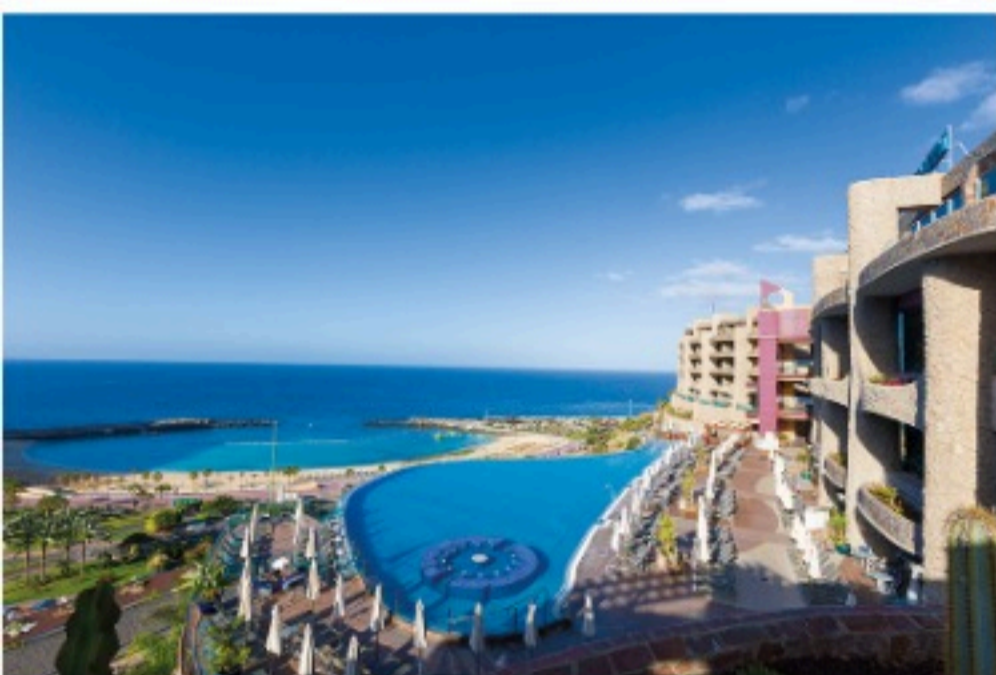
 Kumite  
Analysis



**KARATE**  
OBERÖSTERREICH



**mogán**  
*...cálido paraíso*



# TRAINING CAMP

**MOGÁN - GRAN CANARIA - 2024**

**27 -10 / 02 - 11**

**GLORIA**  
Thalasso & Hotels

## TRAINING CAMP MOGÁN - GRAN CANARIA 2024

Mogán, 27.10.-02.11.2024

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 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 enjoying 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 great 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 on the end of October.

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 GARDENES

## 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 Bronze Medal -55kg  
Bettina PLANK

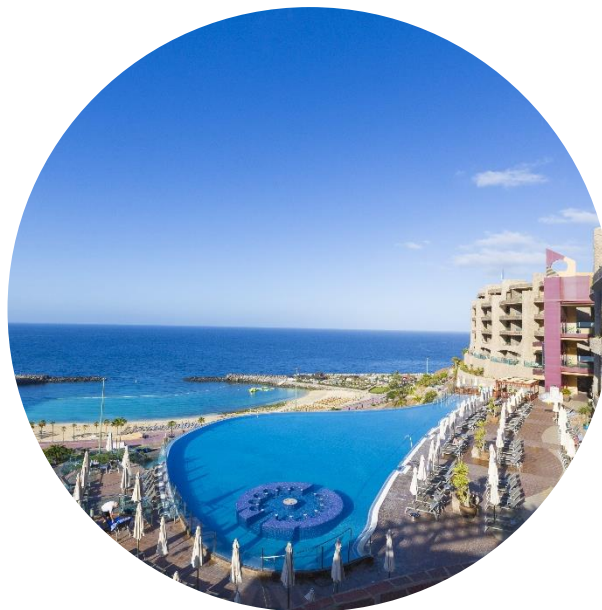


Gold Medal 2019 - 2023  
Bettina PLANK

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<br>Calle Tamara I – 35130 Playa de Amadores<br>Half board or Full board with water on all meals |
| <b>Room</b>          | Single room or Doble room                                                                                                                   |

## TRAINING PROGRAM

| Sunday 27   | Monday 28                           | Tuesday 29                          | Wednesday 30                        | Thursday 31                         | Friday 1                            | Saturday 2    |
|-------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------|
| 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>30</sup> | 10 <sup>00</sup> - 11 <sup>30</sup> | 10 <sup>00</sup> - 11 <sup>30</sup> | 10 <sup>00</sup> - 11 <sup>30</sup> | 10 <sup>00</sup> - 11 <sup>30</sup> |               |
|             | 18 <sup>00</sup> - 19 <sup>00</sup> | 17 <sup>45</sup> - 19 <sup>00</sup> | 17 <sup>45</sup> - 19 <sup>00</sup> |                                     | 17 <sup>45</sup> - 19 <sup>00</sup> |               |

## DATES

Arrival **Sunday October/27, 2024**

Departure **Saturday November/2, 2024**

## 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;

|                        |               |
|------------------------|---------------|
| Half board             | € 890/person. |
| Full board             | € 970/person  |
| Only Training sessions | € 280/person  |
- Accompanying person:

|            |               |
|------------|---------------|
| Half board | € 790/person. |
| Full board | € 870/person  |

### The training camp includes:

- Training Camp 27.10.-02.11.2024.\*
- Double or single room to choose **before July, 15.**
- Transfer by group Airport – Hotel – Airport.
- Training Camp T-shirt.\*
- (6) training days.\*
- (14) training sessions\*
- Training Camp Present.\*

(\* person who only participates in the training sessions (without hotel accommodation)

## PAYMENT

- **1<sup>st</sup> payment:** € 350 – person to confirm the reservation before **July, 15.**  
€ 280 – person who only participates in the training sessions (without hotel accommodation)  
This amount will not be returned if you cancel the reservation.
- **2<sup>nd</sup> payment:** € 540 Half Board participant before **October, 10.**  
€ 620 Full Board participant before **October, 10.**
- **2<sup>nd</sup> payment:** € 440 Half Board companion before **October, 10.**  
€ 520 Full Board companion before **October 10.**

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



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



Gold Medal  
2019 - 2023  
Bettina **PLANK**

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### Special cost:

- Extra night € 100 person/night.

### REGISTRATION FORM

Please fill out the registration form by <https://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.

