

***Landessportschule Osterburg /  
Deutschland  
Arendseer Strasse 4***

***39 606 Osterburg***  
(It is near to Magdeburg / Stendal)

24.10.2010 check in 16.00 Uhr  
29.10.2010 check out 14.00 Uhr

***Sunday:*** Welcome-Training  
***Monday:*** 3 lessons á 2 hours  
***Tuesday:*** 3 lessons á 2 hours  
***Wednesday:*** 3 lessons á 2 hours  
***Thursday:*** 3 lessons á 2 hours  
***Friday:*** Final Training

- ✓ Training contents:  
Single and double stick, espada y daga, forms,  
knife, fight training, ground fight, kicking and  
punching...
- ✓ Special training for instructors.
- ✓ Free training is also possible
- ✓ You can do examination for colour belts and  
black belts, of course you need the ok from your  
organisation / national coach.
- ✓ For small money can be used: sauna, massage  
and a fitness gym
- ✓ 2 or 3 bed rooms with bathroom, TV is  
possible.
- ✓ Breakfast, lunch and dinner include.

**425.- €**

*for members*

**475.- €**

*if you are not a member of Doce-Pares-Europe*

*Deposit with registration 150.- €*

*You get a registration or more information  
personally by Frans Stroeven:*

[sekan@ziggo.nl](mailto:sekan@ziggo.nl)

*or by Hubert Mayr*

[praesident@eskrima-deutschland.de](mailto:praesident@eskrima-deutschland.de)