

HALDUN ALAGAS ELITE KARATE TRAINING CAMP BLOEMFONTEIN, SOUTH AFRICA 28 MARCH TO 01 APRIL 2011

(visit website: www.freestatekarate.co.za)

KARATE ATHLETES IN SOUTH AFRICA SERIOUSLY NEEDS INTERNATIONAL EXPOSURE.

WELL HERE IS AN OPPORTUNITY FOR YOU TO GET IT FROM SOME OF THE BEST IN THE WORLD AND AT A VERY AFFORDABLE RATE

1. Haldun Alagas (three times WKF world champion), Bahattin Kandaz (two times WKF world championship silver medallist) and Sait Ucan (several time Turkish champion) will for the second year now visit South Africa and will again teach at this elite karate training camp. This time round they bring two of their top athletes with them to train with us in the camp. See their impressive CV's on website www.freestatekarate.co.za

VENUE

2. Tempe Indoor sport Stadium in the Tempe Military area of Bloemfontein.
3. How to get there. (GPS coordinates:)
 - a. Take Nelson Mandela turn-off from the N1 and turn into Bloemfontein.
 - b. Turn left at the 2nd traffic light (there is a large green military tank parked on the right hand side of this intersection) into Furstenburg Road.
 - c. Enter Tempe at the control point (boom) and continue straight.
 - d. Turn right at the Temp Golf Club (about 50 meters after the second stop street).
 - e. Continue straight with a dirt road for about 200m and find the center on your right (after the tennis courts)

ENTRY REQUIREMENTS

4. **No entry requirements. Everyone welcome.** This is a wonderful opportunity to train with the some of the best in the world at a very affordable fee.
5. Children are most welcome. All three these coaches are wonderful with small children!!!

FEES AND PAYMENTS

6. Training Fees for 5 days (9 x 2 hour sessions) (including a light snack after the morning training sessions for all 5 days and a farewell braai)
 - a. Athletes and training coaches: R2750,00
 - b. Non-training coaches: R1750,00
7. Payments

- a. All payments must be made by 21 March 2011.
 - b. If your payments are not made by this date you will be replaced with someone on the waiting list.
 - c. **All payments must be deposited into the following bank account:**
 - i. Bank: ABSA Bank, Brandwag Branch, Bloemfontein
 - ii. Type of account: Cheque account
 - iii. Account name: Free State JKA
 - iv. Account number: 4052798621
 - d. Put your name and "Alagas" as reference for payment.
8. Forward deposit slip to Madelein van Zyl by email at m-vanzyl@vodamail.co.za or by fax at 086 516 9351.

ACCOMMODATION

9. **CAMP SPECIAL!! Stay with the Turkish contingent** at the luxurious Horizon Stables (about 4 km from the venue) for only **R250 per person (two sharing) or R500 (alone in a room). Breakfast is included. Book with Tertia de Bruin at 0828086099. NB! ONLY 6 ROOMS AVAILABLE.** Book now to prevent disappointment.
10. For more information on other suitable accommodation options in Bloemfontein near the venue see the attached page for ALAGAS TRAINING CAMP ACCOMMODATION LIST.

PROGRAMME

Day	Date	Time	Activity	Group	Responsible person
Sunday	27 March 2011	16:00 to 18:00	Registration	All	Madelein van Zyl +27722267853
		18:30	Introduction of Turkish coaches	All	Ian le Roux 0824556629
Monday to Thursday	28 to 31 March 2011	08:00 to 10:00	Morning training session	All	Haldun Alagas
		10:15	Light snack	All	Annellie Greeff
		10:30 to 12:00	Sport psychology sessions	All	Dr Piere Nel (performance enhancement coach of FS cheetahs, Knights Cricket and ??)
		16:30 to 18:30	Evening training session	Elite Group only	Sensei Alagas

Friday	01 April 2011	08:00 to 10:00	Morning training session	All	Haldun Alagas
		12:00	Farewell Braai	All	Caterer
<p>Note: The performance enhancement coach (sport psychologist) is planned to have three sessions in the week. The days will be announced at the camp. This is part of the camp and is covered by the initial entry fee.</p>					

CONCLUSION

11. Make use of this excellent opportunity at a very affordable rate to train with world class coaches and athletes. This will cost you up to four times as much if you have to travel to Europe to get the same experience.
12. Please complete the attached entry and indemnity forms in full and forward to Christina Schwalbach by email at m-vanzyl@vodamail.co.za or by fax at 086 516 9351.
13. Act soon to prevent disappointment!!!
14. For any enquiries please feel free to contact me by email at spookleroux@vodamail.co.za or at 082 455 6629.

Karate Greetings

Ian le Roux

Coordinator of the Haldun Alagas Elite Karate Training Camp