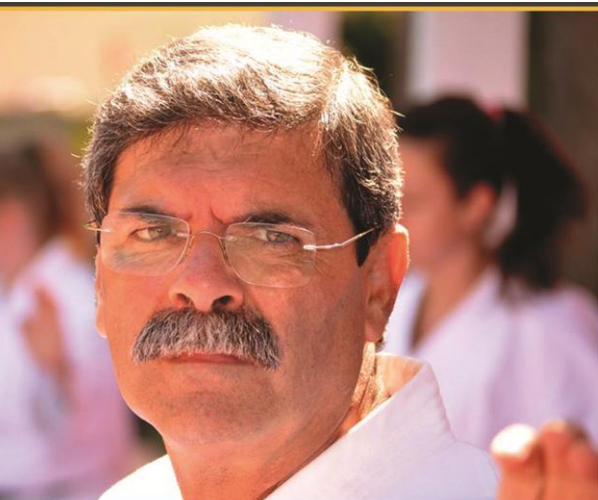




KARATE & RELAX 2020

09 - 12 Luglio 2020 / 9th - 12th July 2020

PALERMO - ITALY



Andrea Valdesi



Luca Valdesi



Davide Benetello

“Perla del Golfo” Resort Village Terrasini (Palermo) - Italy 9th - 12th July 2020



Welcome Message



“The idea to organize the International Seminar Karate & Relax comes from the will of being able to give everyone the chance to train with the world's greatest kata and kumite World champions, to learn the most advanced training methods and be able to share leisure and fun with own idols.”

Sensei Andrea Valdesi

After the great success of the past editions, Sensei Andrea Valdesi is pleased to invite you at the event of the Year:

The 11th International Seminar KARATE & RELAX Summer Edition

In the new enchanting scenery of “Perla del Golfo” 4 days of karate with the best competitors and coaches. 6 Kata and 6 Kumite training session, relaxing moments and fun with us.



Our History

The international seminar Karate and Relax was born in 2010 from a common vision of the sensei Andrea and Luca Valdesi together with sensei Davide Benetello.

The idea is to match the best possible karate with the best possible relaxation. To make it all possible it is indispensable to have the best karate coaches and the greatest champions in a fantastic location like Sicilian Resort in Summer or like Tarvisio for the Winter edition.

All those who came to Karate & Relax have been enchanted by the atmosphere that is created in those days of training, fun and aggregation.

For us the task of making everything perfect; to you all the fun and passion for our fantastic sport !

This is Karate & Relax, this is Karate we like !!!



Instructors



Luca Valdesi (ITA)

- 6[^] Dan WKF
- 7 x World Champion
- World Games Champion
- 22 x European World Champion
- Member of World Rules Commission
- Member of European Technical Commission
- Youth League Supervisor



Davide Benetello (ITA)

- 7[^] Dan WKF
- World Champion
- European Champion
- Member of WKF Executive Commission
- Chairman of WKF Athletes Commission
- Member of World Rules Commission
- Member of Italian federation Board



Ivan Leal (SPA)

- 5[^] Dan
- 4 x World Champion
- 9 x European Champion



Gennaro Talarico (ITA)

- 6[^] Dan
- World Games Champion
- World Cup Champion
- 4 x European Champion



Stefano Maniscalco (ITA)

- 5[^] Dan
- 3 x World Champion
- 5 x European Champion



Fernando San José Bastante (SPA)

- World Champion
- European Champion



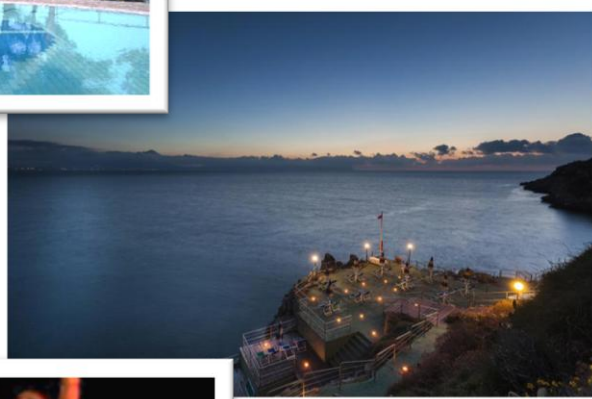
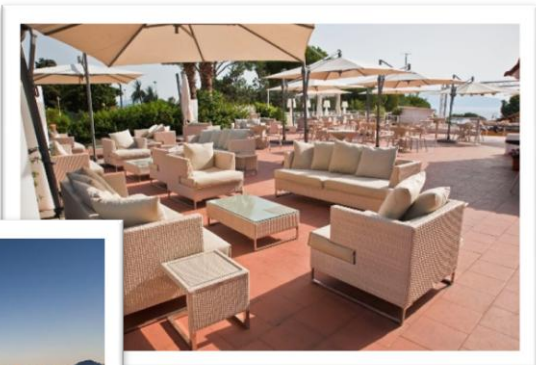
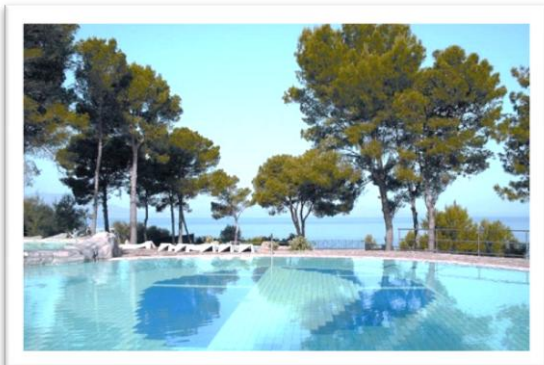
Nello Maestri (ITA)

- 5[^] Dan
- 2 x European Champion

The Resort Village "Perla del Golfo"



Perla del Golfo is a wonderful holiday resort in Sicily. Overlooking the Gulf of Castellammare, it is situated on one of the most fascinating stretches of Sicilian coast.



Offering 3 swimming pools and a private beach, Perla del Golfo is on a cliff overlooking the Mediterranean Sea at Terrasini, nestled in a fantastic natural.

You will also have water-gym and aerobics lessons, a mini club and sports facilities at no extra charge.

The spa has a heated Olympic pool. There are also entertainment programs with shows and disco dancing evenings every night.

How to arrive

BY PLANE

From Palermo Airport

Distance: km 18

From Trapani / Birgi Airport

Distance: km 73

BY TRAIN

From central station Palermo

Distance: km 35

From Terrasini-Cinisi station

Distance: km 7

BY CAR

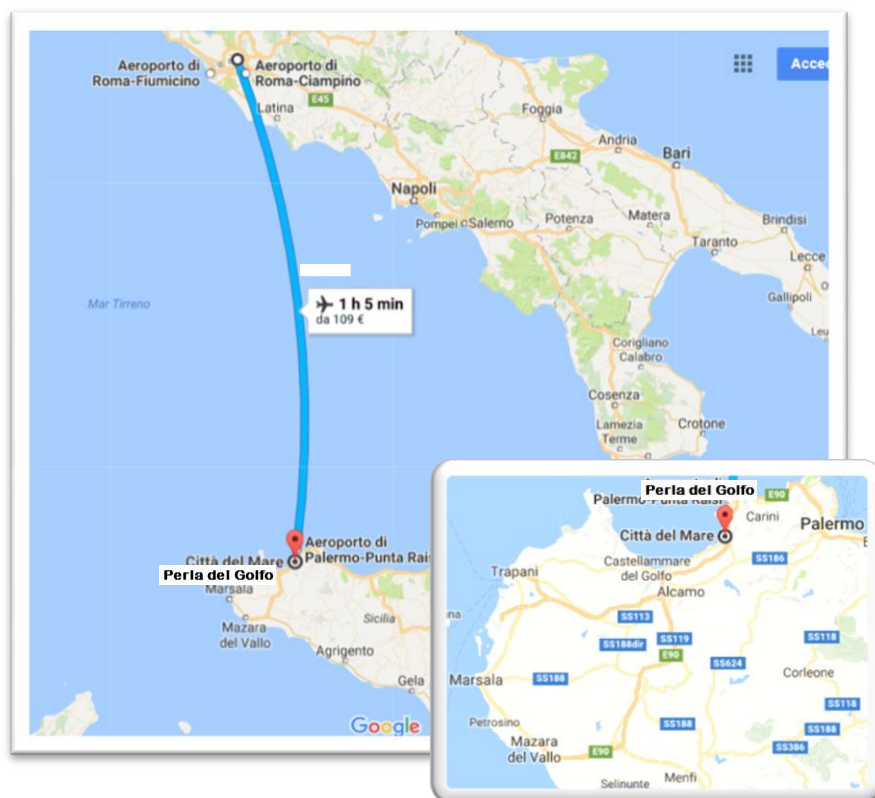
speedway A29 PALERMO-MAZZARA DEL VALLO / TRAPANI exit Terrasini (Trapani) - 5 km to the junction.

PUBLIC TRANSPORT

- Russo Autoservizi www.autoservizirusso.it
from Palermo to Perla del Golfo
- Segesta Autoservizi www.interbus.it
from Palermo to Terrasini

Airport to Palermo: www.prestiaecomande.it - Phone **+39 091 580457**

[Karate & Relax Shuttle Bus Is Available From Palermo Airport and Trapani Airport. Ask to Karate Relax Staff.](#)



Our Sponsors



La Cima

Prosecco di Valdobbiadene



WWW.KOITALIA.IT

CENTRO DIAGNOSTICO



TOSCANO

Via Abele Aiello 8/24 - Palermo

BAR - PASTICCERIA

Albicocco ^{Matteo}

Via Pagano 42 - 44
Palermo



INFO: valdesi@libero.it
WWW.KARATERELAX.COM

Costs

PROMOTIONAL PRICE UP TO MAY 25th

QUADRUPLE ROOM

290 Euro Seminar

240 Euro Accompanying

KIDS - Under 13

220 Euro Seminar

170 Euro Accompanying

TRIPLE ROOM

300 Euro Seminar

240 Euro Accompanying

KIDS - Under 13

230 Euro Seminar

180 Euro Accompanying

DOUBLE ROOM

320 Euro Seminar

270 Euro Accompanying

COST FROM MAY 26th

QUADRUPLE ROOM

340 Euro Seminar

280 Euro Accompanying

KIDS - Under 13

260 Euro Seminar

210 Euro Accompanying

TRIPLE ROOM

350 Euro Seminar

290 Euro Accompanying

KIDS - Under 13

270 Euro Seminar

210 Euro Accompanying

DOUBLE ROOM

370 Euro Seminar

320 Euro Accompanying

To make reservation please fill the *Registration Form* and send it to:

valdesi@libero.it

A 50% advance payment is requested by bank transfer at the following account:

Polisportiva Polo Verde AD

Via Filippo Paladini 1

90145 Palermo

BANK: CREDEM Credito Emiliano 3032-0

CHECKING ACCOUNT: 010/0002187-1

IBAN: IT47 S030 3204 6040 1000 0002 187

BIC/SWIFT: BACRIT21467



Karate & Relax 2020 - Program



Thursday 09th July:

14,00 - Accommodation in the rooms;

15,00 - Meeting and Opening of Seminar

15,15 - 16,15 - Kumite: **Maniscalco - Maestri**

16,15 - 17,00 - Kata Heian up to Blue belt: **Valdesi**

17,00 - 18,00 - Kata Brown and Black belts: **Valdesi - Bastante**

Friday 10th July:

08,30 - 09,30 - Kata up to Blue belt: **Bastante**

09,40 - 10,40 - Kumite: **Leal**

10,45 - 11,45 - Kata Brown and Black belts: **Valdesi**

15,00 - Opening Ceremony

15,30 - 16,30 - Kumite: **Talarico**

16,30 - 17,20 - Kata Heian, up to Blue belt: **Valdesi**

17,30 - 18,30 - Kata Brown and Black belt: **Valdesi**

Saturday 11th July

08,30 - 09,30 Kumite

09,30 - 10,15 Kata up to Blue belt: **Valdesi**

10,15 - 11,15 Kata Brown and Black belt: **Bastante**

16,00 - 17,00 Kata: **Valdesi - Bastante**

17,00 - 18,00 Kumite Brown and Black belt: **Leal - Maestri**

18,30 - Official Photo & Lottery of Prizes

Sunday 12th July

10,00 - 11,00 Kumite

11,00 - 12,00 Kata

12,00 - Closing Ceremony

Registration Form



KARATE & RELAX Summer Session 09/12 July 2020



Club:
Coach name:
Number of Athletes:
Check-in Date:

e-mail:
Mobile phone:
Number of Accompanying:
Departure date:

	FAMILY AND FIRST NAME	ACCOMPANYING OR ATHLETE (KUMITE OR KATA)	DATE OF BIRTH	GRADE BELT	T-SHIRT SIZE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Declaration that all participants are regular members with a recognized institution of Karate under the World Karate Federation (WKF) or recognized associations and are in good standing with the medical certificate for sports activities.

Before to register asking for confirmation of availability by sending e-mail to: valdesi@libero.it

To confirm your registration send a copy of bank transfer of 50% of Total and registration form filled to: valdesi@libero.it

PLACE AND DATE:

STAMP AND SIGNATURE: