



KARATE & RELAX 2025



ITALY - TARVISIO (UD) 3RD - 6TH JANUARY

14th INTERNATIONAL KARATE SEMINAR



JUTE
SPORT



INFO: KARATERELAX.COM - KARATERELAX@GMAIL.COM

KARATE & RELAX 2025

 ITALY-TARVISIO (UD) 3rd - 6th January

PROGRAM:

The arrival at the Hotel "Il Cervo" in Tarvisio, registration starting at 11.00 and the accommodation in the rooms is scheduled from 14.00 on January 3rd. At 5:00 pm the Seminar will be open at the "Palazzetto dello Sport in Tarvisio". The seminar includes Kata and Kumite lessons and will end with the "TIKIL Randori Games" of January 6th 2025.

Special promotion up to 1st December 2024

Quadruple Room

330 EURO with Seminar
300 EURO Accompanying
Kids until 12 years
280 Euro with Seminar
240 Euro Accompanying

Triple Room

360 EURO with Seminar
310 EURO Accompanying
Kids until 12 Years
300 Euro with Seminar
260 Euro Accompanying

Double Room

380 EURO with Seminar
330 EURO Accompanying

Cost from December 2nd 2024

Quadruple Room:

350 EURO with Seminar
320 EURO Accompanying
Kids until 12 years
300 Euro with Seminar
260 Euro Accompanying

Triple Room

380 EURO with Seminar
330 EURO Accompanying
Kids until 12 years
320 Euro with Seminar
280 Euro Accompanying

Double Room

400 EURO with Seminar
350 EURO Accompanying

- Price are per Person in Full Board accomodation from the lunch on 3rd January to the Breakfast of 6th January
- To get the promotion it is mandatory to send the deposit payment before the 1st of December.
- kids up to 3 years are free of charge in room with Parents.
- Reductions for children up to 12 years old on 3rd January 2025

TO MAKE THE REGISTRATION IT IS NECESSARY TO ASK FOR AVAILABILITY BY MAIL TO karaterelax@gmail.com, ONCE THE PLACES IN THE HOTEL ARE CONFIRMED SEND THE REGISTRATION FORM DOWNLOADED FROM THE WEB SITE www.karaterelax.com AND PAY FOR THE DEPOSIT OF 50% OF THE TOTAL COST BY BANK TRANSFER TO:

S.S.D. TIKIL

VIA SILVIO PELLICO 17 - 34078 SAGRADO (GO)

BANK: CASSA RURALE FVG

BANK ACCOUNT N°: 21/000150188

IBAN: IT69M0862264610021000150188

BIC/SWIFT: CCRTIT2T96A



TIKIL INFO NUMBER +393517711621

INFO: KARATERELAX.COM - KARATERELAX@GMAIL.COM

Head Quarter

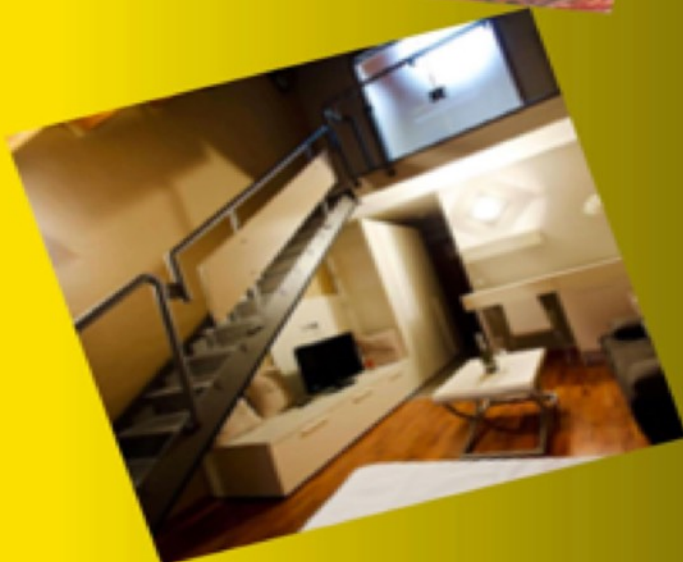
Hotel "Il Cervo" ****

Via Priesnig, 72 Tarvisio (UD) - Italia

Tel. +39 042840305

email: info@hotelilcervo.com

www.hotelilcervo.com



PALAZZETTO DI TARVISIO

Via degli Azzurri - Tarvisio -



WWW.KARATERELAX.COM

CENA BAITA "AL CONVENTO" MONTE LUSSARI MT. 1850



HOW TO REACH TARVISIO (UD) ITALY



BY PLANE

VENICE AIRPORT 240 KM FROM TARVISIO

TREVISO AIRPORT 240 KM FROM TARVISIO

TRIESTE AIRPORT 130 KM FROM TARVISIO

KLAGENFURT AIRPORT 70 KM FROM TARVISIO

LUBJANA AIRPORT 100 KM FROM TARVISIO

Info:

Aeroporto di Trieste

aeroporto.fvg.it

Aeroporto di Treviso

trevisoairport.it

Aeroporto di Venezia

veniceairport.it

Aeroporto di Klagenfurt

klagenfurt-airport.com

Aeroporto di Lubiana

lju-airport.si

BY CAR

A4 Turin - Trieste Motorway

A23 Palmanova - Udine - Tarvisio Motorway

A28 Portogruaro - Conegliano Motorway

BY TRAIN

www.trenitalia.com

Railway routes: Venice - Tarvisio

The railway station of Tarvisio Boscoverde is located 3 km from the city centre and is very well connected with several daily services to Udine, Trieste and Venice in Italy, Villach, Klagenfurt, Graz and Vienna in Austria. Many local trains leave every day from Udine to reach Tarvisio in just over 40 minutes. Three daily services connect directly Venice to Tarvisio, allowing skiers to reach the ski resort from

Karate & Relax 2025

PROGRAM K&R TARVISIO 3th - 6th January 2025

FRIDAY 3th January

**Arrival at "Hotel Il Cervo" di Tarvisio (UD) Italy, via Priesnig 72 ,
Registration from 11:00, Lunch at 13:00, Hotel Accomodation from 14:00.**

Ore 17:00- 17:30 Seminar Opening and Presentation of the Instructors(Sport Venue Tarvisio)

17:30 - 18:30 Kata (VALDESI - COLAIACOMO)

18:30 - 19:30 Kumite (TALARICO)

Ore 20,30 Dinner

Extra: Dinner "BAITA MONTE LUSSARI at 1850 mt" (By reservation - Extra Payment)

SATURDAY 4th January

09:30 - 10:30 Kata (VALDESI - COLAIACOMO)

10:30 – 11:45 Kumite (TALARICO)

13,00 Lunch

17,00 – 18,00 Kumite (TALARICO)

18:15 – 19:30 Kata (VALDESI - COLAIACOMO)

20:30 Dinner

SUNDAY 5th January

09:30 - 10:30 Kata (VALDESI - COLAIACOMO)

10:30 - 11:30 Kumite (TALARICO)

13:00 Lunch

15:00 - 16:00 - Seminar New Rules WKF 2024 - KATA e KUMITE

17:00 – 18:00 Kata (VALDESI - COLAIACOMO)

18:00 – 18:15 Group Picture

18:15 – 19:30 Kumite (TALARICO)

20:30 - Dinner

22:00 - Farewell Party e Lottery Ju-te/Adidas - K&R

MONDAY 6 th January

9:00 - TIKIL RANDORI GAMES (Separate registration to be paid on site - 20.00 Euro)

N.B. The Program may undergo changes based on the needs of the organization. The lessons will take place at the Venue Palazzetto dello Sport in Tarvisio, if for organizational reasons the TIKIL Randori Games (training dedicated to technical round robin exchanges in Kumite and Kata) will not be organised, in this case Sunday morning 7 January 2024 will be dedicated to Kata/Kumite training.

KARATE & RELAX Winter Session - 3/5 January 2025

TIKIL RANDORI GAMES - 6 January 2025

CLUB:

E-Mail:

COACH NAME:

MOBILE PHONE:

Number of Athletes:

Number of Accompanying:

| | Family and First Name | Accompanying (ACC) or athlete Kumite (KU) or Kata (KA) | Date of Birth | BELT GRADE | T-SHIRT size S/M/L/XL/XXL | ROOM: SINGLE (S) DOUBLE (D) TRIPLE (T) QUADRUPLE (Q) MULTIPLE (M) |
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- The Person/Sensei in charge or the Sports Association/Club Declares that all participants to the seminar/ are regular members of a recognized institution of Karate under the World Karate Federation (WKF) or recognized associations for the year 2024/2025, have a health insurance and are in good standing with the medical certificate for sports activities.

- The organization has the right to replace Instructors without notice.

- In the case of cancellation of the event Karate & Relax due to Karate & Relax organization guarantee to reimburse the total of the bank transfers and deposits received for registration, (nothing is due for any cost of travel, car, Train, Plane, etc...) The organiser could create Whatsapp group or similar in order to give seminar and competitions informations.

- N.B. The Program may undergo changes based on the needs of the organization. The lessons will take place at the Venue Palazzetto dello Sport in Tarvisio, if for organizational reasons the TIKIL Randori Games (training dedicated to technical round robin exchanges in Kumite and Kata) will not be organised, in this case Sunday morning 6th January 2025 will be dedicated to Kata/Kumite training.

KARTE & RELAX 2024 - Winter Session 3/6 January 2025
TIKIL GAMES 2024 - 6th JANUARY 2025
TARVISIO (UD) ITALY

Coordinate Bancarie - Bank Account

Organization: TIKIL SSD

Info Mobile Number: +393517711621

Bank:

Cassa Rurale ed Artigiana del Friuli Venezia Giulia - Cassa Rurale FVG
Via Ceresina, 2 - 34074 Monfalcone (GO) Italy

Bank Account N° C/C: 21/000150188

IBAN: IT69 M086 2264 6100 2100 0150 188

BIC (International Money Transfer): CCRTIT2T96A

Casuale Bonifico/reason Bank Transfer: Karate Relax 2025

IMPORTANTE

- Per effettuare l'iscrizione a Karate & Relax 2025 è necessario chiedere disponibilità e ricevere conferma dei posti all'indirizzo mail: **karaterelax@gmail.com**
- Per confermare l'iscrizione inviare il 50% del Totale tramite Bonifico Bancario.
- Per usufruire della Promozione è indispensabile effettuare il Bonifico prima del 1 Dicembre 2024. Dopo tale data i costi saranno considerati senza promozione.

ENGLISH - IMPORTANT

- For the registration to K&R Winter Session 2025, it is compulsory to ask for availability and receive confirmation of the places at the mail address: **karaterelax@gmail.com**
- To confirm the registration please send 50% of the due total by bank transfer.
- To take advantage of the Promotion it is essential to make the bank transfer before December 1st 2024. After this date the costs will be considered without promotion.



07
JANUARY
2025

TIKIL GAMES RANDORI

LOCATION
TARVISIO (UD)
VIA DEGLI ATLETI AZZURRI

TIKIL RANDORI GAMES KATA - KUMITE

Training - Round Robin to Kumite and Kata Competition
Registration fee €20, payment on site.

REGISTRATION ON [SPORTDATA.ORG](https://sportdata.org)



KARATE & RELAX

2022- 2023 - 2024





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