

**INTERNATIONAL STAGE NANBUDO**  
**DOSHU SOKE YOSHINAO NANBU**  
**Sabiñanigo (Huesca) SPAIN**

**STAGE PROGRAM**

**31 March (FRIDAY)**

19.00 H. A 20.30 H. SPECIAL TRAINING BELTS BLUE, BROWN AND BLACK

**01 Abril (SATURDAY)**

10.00 H. A 11.30 H. STAGE TRAINING ALL LEVELS

11.30 H. A 12.30 H. SPECIAL STAGE KATA REFEREES AND  
COMPETITORS

17.00 H. A 18,30 H. STAGE TRAINING ALL LEVELS

18.30 H. A 19.30 H. SPECIAL STAGE JU RANDORI REFEREES AND  
COMPETITORS

22.00 H. STAGE DINNER Doshu Soke Yoshinao Nanbu

**02 Abril (SUNDAY)**

09.30 H. A 11.30 H. TRAINING ALL LEVELS

11.30 H. A 12.30 H. SPECIAL TRAINING ALL LEVELS AND CHILDREN

. - The times may have small modifications.

BEFORE, DURING AND AFTER EACH SESSION, PARTICIPANTS WILL  
HAVE TABLES IN A WAY THAT OFFER "FREE" FOODS AND DRINKS.

**PLACE OF STAGE**

**POLIDEPORTIVO SABIÑANIGO, Plaza de la Constitución**

**ACCOMMODATION (HOTEL NL IN DREAMS SABIÑANIGO\*\*\*)**

**Prices;**

**OPTION A)**

ACCOMMODATION FRIDAY AND SATURDAY (double occupancy), DINNER FRIDAY, SATURDAY BREAKFAST, LUNCH SATURDAY DINNER STAGE, STAGE ADULT AND SUNDAY BREAKFAST .... - 140 EUROS

**OPTION B)** ACCOMMODATION SATURDAY (double occupancy), SATURDAY LUNCH, DINNER STAGE, STAGE ADULT AND SUNDAY BREAKFAST ..... - 110 EURO

CONSULT OTHER POSSIBILITIES.

- For those arriving by car, the organization accompany them to Sabiñanigo and hotel and Dojo.
- Airports:

Zaragoza, Saragossa in Spain, we can go pick up

Pau France, 1,45 hour to Sabiñanigo by car

Toulouse France, 3 hours to Sabiñanigo by car

Barcelona Spain, 3 hours to Sabiñanigo by car

During training sessions, there will be free food and drinks for participants

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Application deadline March 20.