

# CAMPUS de entrenamiento Y TECNIFICACIÓN DE KUMITE & KATA



Impartido por.

*Paco Mayoral,  
Seleccionador nacional  
absoluto de Kata*

*Angel Arenas,  
Seleccionador nacional  
absoluto de Kumite*



*//entrenamiento  
del 14 al 18 de  
julio de 2014*

*//competición  
sábado 19 de  
julio de 2014*

*// información y  
matrícula:*

*[info@angelarenas.pro](mailto:info@angelarenas.pro)*

[www.angelarenas.pro](http://www.angelarenas.pro)

Colaboran.



# TRAINING CAMPUS

## KATA & KUMITE TECHNIFICATION

Paco Mayoral, Coach of the Spanish National Kata Team

And

Angel Arenas, Coach of the Spanish National Kumite Team

Training: from 14th to 18th of July

Open Competition: Saturday 19th of July

Information and Registration: [info@angelarenas.pro](mailto:info@angelarenas.pro)



**CAMPUS de entrenamiento**  
**Y TECNIFICACIÓN DE KUMITE & KATA**

**DEL 14 AL 18 DE JULIO - ENTRENAMIENTO**  
**19 DE JULIO -COMPETICIÓN**

**Impartido por.** Paco Mayoral,  
Seleccionador nacional absoluto de Kata  
Angel Arenas,  
Seleccionador nacional absoluto de Kumite

**KARATE**

The poster features two karate practitioners in white gi. The one on the left is performing a high kick, while the one on the right is in a dynamic pose with arms raised. The background is dark, making the white gi stand out. The text is in white and yellow, with a Spanish flag logo in the top right corner.

Información. [info@angelarenas.pro](mailto:info@angelarenas.pro)  
[www.angelarenas.pro](http://www.angelarenas.pro)

Colaboran.



**TRAINING CAMPUS**  
**KATA & KUMITE TECHNIFICATION 2014**

*Oviedo, 14<sup>th</sup> to 19<sup>th</sup> July 2014*

**Training for Top-Level Competition in Kata and Kumite**

**KATA:**

- Specific Kata training for competition.
- Trends in the International Competition.
- Technique Strengthening
- Study of speed, rhythm, breathing and other variables in top-level Kata Competition
- Specific physical training to improve Kata technique

**KUMITE:**

- Specific physical training in Sports Kumite
- Moving and Shifting (strengthening exercises)
- Technique Trends in top-level Competition
- Training technique-tactics
- Current Strategies in Sports Kumite
- Tactical Systems in top-level Competition

## **Program:**

- ***From Monday 14<sup>th</sup> to Friday 19<sup>th</sup>: Campus Training***
- ***Saturday 20<sup>th</sup>: Open Competition in the event “Alternative Games”***
- ***Saturday 20<sup>th</sup> (evening): Leaving Party***

## **Categories:**

- Male and Female (+ 18 year old)

## **Venue:**

*The Campus training sessions will be held at [Arenas Sport Center](#), with a 600 square meters tatami available.*

## **Accommodation:**

### **Official Hotel: [HOTEL SILKEN MONUMENTAL NARANCO\\*\\*\\*\\*](#)**

*Double Room 50 euro day/pax*

*Breakfast: buffet 6 euro*

*Lunch/Dinner: 15 euro/service*

*Final prices. Taxes included*

### **Alternative Hotels:**

- **[HOTEL FUENTE LA PLATA \\*\\*](#)**

Full board accommodation 35 euro day/pax in double room

- **[Residencia de Juventud del Cristo](#)**

Youth Hostel for low budget

## **Fees:**

- *Kumite Campus: 90 €*
- *Kata Campus: 90 €*
- *Complete Campus (Kata & Kumite): 150 €*
- *Single Session: 25 €*

**10% discount in early bird registration available until May 30<sup>th</sup>**

- *Planned Activities (\*)*
  - *Canoeing: Descent of the River Sella: 22 €*
  - *Leaving Party: 22 €*
  - *Registration for “Alternative Games” Competition: 5 € (\*\*)*

\* Non-campus friends are welcomed to enjoy the activities

\*\* **10 €** Registration Fee for non-campus competitors

## ***Bank Details: Club Deportivo ARENAS***

- ***IBAN: ES0800815328660006072416 / BSAB ESBB***
- ***Concept: Campus 2014***
- ***Please, send a copy of the bank transfer receipt to:***  
***info@angelarenas.pro***

## **How to get to Oviedo**

*If you are travelling BY AIRPLANE:*

- [AIRPORT OF ASTURIAS](#) (OVD): placed 50 km North-West of Oviedo  
We suggest the connection via Madrid for it is more flexible. You can also find direct flight connections to and from Barcelona (BCN) or Palma de Mallorca (PMI), plus international budget flights to and from London-Stansted (STD) and Paris-Orly (ORY).
- *To and from the airport:*
  - A taxi ride to Oviedo would be 50-60 euro.
  - [Car rental](#): though, you might not need a car to get around.
  - [Shuttle Bus](#): departing every hour, costs 8 euro

*If you are travelling BY CAR:*

- *From the East: A-8 / E-70 through Basque Country and Cantabria, after Villaviciosa take A-64, which at the end merges onto A-66 (North) near Oviedo*
- *From the South: eventually you will drive along A-66 near Leon, where you can take AP-66 (toll approx. 12€) or the beautiful N-630 national road, up and down the mountains. Both roads merge onto A-66 (South)*
- *From the West: A-8/E-70 (W) through Galicia connecting to A-66 (North)*

*If you are travelling BY BUS:*

- [ALSA](#) is the main company in the north of Spain. [International routes](#) link Oviedo daily with Paris, Brussels and Geneva.
- You can find other information in [Oviedo Bus Station](#) and the local bus company [TUA](#).

*If you are travelling BY TRAIN:*

- There are trains from Madrid, Barcelona and other cities. Please, find more information in the Spanish National Railway Network [RENFE](#).

*If you have not thought to come BY FERRY:*

- Oviedo has not harbour, but there are [international ferry](#) lines to Gijon (30 km North) and Santander (190 km East). This could be an interesting option if you are planning to bring your car/van and spend some days in Asturias.

## **Tourist Information**

### **Oviedo**

<http://www.turismoviedo.es/>

### **Principado de Asturias**

<http://www.principadodeasturias.com>

[Infoasturias](http://www.infoasturias.com)

<http://www.whereisasturias.com/>

<http://www.holidaysasturias.com/>

[Picos de Europa](http://www.picosdeeuropa.com)

### **THIS IS ASTURIAS (check these videos)**

- [Asturias, Force of Nature](#)
- [Asturias Landscapes](#)
- [Asturias, a fairy tail](#)

*Hoja de Inscripción / Registration Form*  
**Campus de Entrenamiento y  
Tecnificación de kata y kumite**

**DATOS PERSONALES** (*Personal Data*)

Nombre: (Name)	Apellidos: (Surname)	
NIF: (Passport)	F. Nacimiento: (Date of Birth)	Lugar: (Place)
Dirección: (Address)		C.P.: (Postal Code)
Población: (City/Town)	Provincia: (Province/State)	País: (Country)
Teléfono: (Telephone)	Móvil: (Mobile Phone)	E-mail:
Categoría: (category)	Federación : (Federation)	
Peso: (weight)	Club:	País: (Country)

**Precios (Fees):**

*Clases sueltas (Single Session) 25 €*

*Campus solo kumite (Kumite Campus) 90 €*

*Campus solo kata (Kata Campus) 90 €*

*Campus completo Kumite y kata (Complete Campus) 150 €*

*\* Descuento del 10% para las inscripciones anteriores al 30-05-2014  
(10% discount in early bird registration available until May 30<sup>th</sup>)*

**Pago con Ingreso en Cta (Bank Details):**

*Club Deportivo ARENAS*

*BANCO HERRERO*

*IBAN: **ES0800815328660006072416 / BSAB ESBB***

*Enviar justificante de pago a (Please, send a*

*copy of the bank transfer receipt to) : [info@angelarenas.pro](mailto:info@angelarenas.pro)*



1. *Alojamiento (Accommodation)*

- Hotel oficial (Official Hotel)*
- Hotel alternativo (Budget Hotel)*
- Residencia Estudiantes (Youth Hostel)*
- otros (No needed)*

2. *Participación (Attendance)*

- Kata*
- Kumite*
- Kumite & Kata*
- Clases sueltas (Single Sessions)*
- Competición Kumite (Kumite Competition)*
- Competición Kata (Kata Competition)*

***Firma (Signature):***