



Nihon Shotokan Karate-do Federation
Nihon Shotokan Karate-do Federation Lithuania
日本松涛館空手道連盟 リトアニア



INVITATION

To: NSKF members

April, 2014

The **Nihon Shotokan Karate-do Federation Lithuania** have the great honour and pleasure to invite you to the 3rd European NSKF Gasshuku 2014, held in the Druskininkai city, Lithuania, 02 - 06 of July 2014 with president and chief instructor of NSKF Sensei Pemba Tamang 8 Dan, Japan.

Please find attached the “European NSKF Gasshuku 2014” program, with all the details regarding the participation.

Yours sincerely,

Marius Kliauza
Chief instructor NSKF Lithuania



Rugiu 21-28
Vilnius,LT-08 419
Lithuania

www.nskf.lt
info@karatedojo.lt

Shortly about Druskininkai resort,

Druskininkai is a modern and distinctive international resort, providing high-quality wellness, recreation, and tourism services, famous for sound resort treatment traditions as well as rapidly developing tourism service infrastructure.

Druskininkai is a year-round international resort offering mineral bath, mud and climate therapies.

Mineral waters of different mineralization, similar to the well-known European mineral waters, and cure mud are found in the resort. Nature also endowed Druskininkai with mild climate, many lakes and beautiful parks and groves, where the guests can find their peace. Since 1794 the small town that has rapidly grown into an attractive tourist center offering all the benefits of a carefree and safe vacation.



Druskininkai offers a wide variety of health treatment services: herbal, bubble, honey and other baths, massages, krio- and magnet therapy, various health care, beauty and weight loss packages, etc.

Here are several worth-seeing sights: soviet sculptures museum “Gruto parkas”, woodcarvers’ parks, etc. Visit one of the largest Aqua-parks in Europe, 70-level adventure park ONE.



Snow Arena – the only winter activities complex in the Baltic countries that works all year round. Three skiing slopes and snowboarding park are arranged in the area of 8 hectares.

The 3rd European NSKF Gasshuku 2014

PROGRAM 02 – 06 July 2014

Wednesday 2		Thursday 3	
	Time		Time
Delegation arrival. Registration, hotel De Lita, Vytauto str. 43, Druskininkai, meeting room	15.00 – 17.00	Breakfast	8.00 – 9.00
Training (all groups)	18.00 – 19.30	Training (all groups)	10.00 – 12.00
Supper	20.00 – 21.00	Lunch	13.00 – 14.00
		Training (all groups)	16.00 – 17.00
		Master class	17.10 – 18.10
		Judge course	18.20 – 19.30
		Supper	20.00 – 21.00
Friday 4		Saturday 5	
Breakfast	8.00 – 9.00	Breakfast	8.00 – 9.00
Training (all groups)	10.00 – 12.00	Training (all groups) or NSKF tournament “Good will cup” depends on the number of participants	10.00 – 13.00
Lunch	13.00 – 14.00	Lunch	13.00 – 14.00
Training (all groups)	16.00 – 17.30		
Master class	17.45 – 18.45	Judge course or NSKF tournament “Good will cup” depends on the number of participants	16.00 – 19.00
Exams for Dan	19.00 – 20.00		
Supper	20.00 – 21.00	Supper	20.00 – 21.00
NSKF Congress hotel De Lita, Vytauto str. 43, meeting room (official NSKF suite)	21.00 -	Party for all Gasshuku participants	21.00 -
Sunday 6			
Breakfast	8.00 – 9.00		
Departure	10.00		

Seminar and judge course prices

Seminar price (NSKF T-shirts included)	65 Eur
Judge course	50 USD (NSKF HQ certificate)
1 training price	15 Eur

Board and accommodation

A – primary school

(Klonio str. 2, new renovated, , for 1 person for period 02 07 2014 – 06 07 2014) - **105 Eur**
(3 meals per day from 03 07 2013 supper – 07 07 2013 breakfast, classes, mattress, shower, you need bedclothes or bedroll)
Distance to sport hall – 0 km.

B – Hotel “De Lita” (3 stars hotel)

(Vytauto str. 43, **double room for 2 persons, for period 02 07 2014 – 06 07 2013**) - **215 Eur**
(**Double room** – breakfast, each room contains a direct telephone line, satellite television, shower, fan, free internet access, individual heat regulation system. The guest can choose with one double-size bed or with two separate single ones)
Included amount of local levy is 2 LT (0,58 Eur) for one lodging for the night, for one person.
Distance to sport hall – 1,9 km/ 3 min by car

C - Hotel “De Lita” (3 stars hotel)

(Vytauto str. 43, **single room for 1 person, for period 02 07 2014 – 06 07 2014**) - **155 Eur**
(**Single room** – breakfast, each room contains a direct telephone line, satellite television, free internet access, shower, individual heat regulation system.)
Included amount of local levy is 2 LT (0,58 Eur) for one lodging for the night, for one person.
Distance to sport hall – 1,9 km/ 3 min by car

Single/Double rooms with the air conditioner - for additional price of 20 Lt/6 Eur per night.

In case you decide to make your own accommodation arrangement the service fee of 40 Eur per person will be charged.

Board and accommodation deadline

31th May 2014

Registration deadline

2 of July 2014, 17.00 p.m. Hotel De Lita (Vytauto str. 43, Druskininkai, Gasshuku office)

Contacts

**Phone: +370 68566147.
E mail: info@karatedojo.lt**