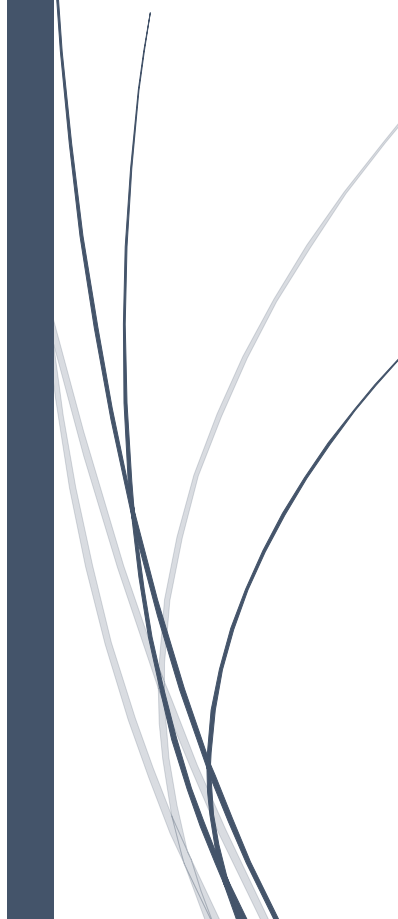


Helsingborgs karateklubbs läger i Chicago

26 oktober – 2 november 2014



Welcome to Helsingborgs Karate Klubb's Chicicago lager

Praktisk information:

PROGRAM SCHEDULE:

Sunday October 26th

Arrive to Chicago at 7:10 PM,

Handla mat i Walmarts SuperCenter, 4650 W North Ave

Monday Oct 27th:

Shopping: TJ- Max, Marshalls?

Rest and Visit Dojo for meet and greet and at 6:00 PM

Tuesday Oct 28th

Ki Energy 1:00 pm – 2:15 pm (Sensei Sugiyama) Karate 6:00 pm – 7:30 pm (Sensei Arab)

Wednesday Oct 29th

Karate 1:00 PM – 2:30 PM (Sensei Arab)

Karate 6:30 PM – 7:30 PM (Sensei Arab)

Group Dinner after training to one of most famous Chicago style pizza restaurants

Thursday Oct 30th

Aikido/Tai Sabaki/Weapons (wood) /Zen Meditation 10:00 AM – Noon (Sensei Toyoda) Open Mat 3:00 p m – 5:00 pm

Friday Oct 31st

Ki Energy 1:00 pm – 2:15 pm (Sensei Sugiyama + Sensei Arab)

Halloween?

Saturday Nov 1st

Karate & Self-defense 10:30 AM – 11:30 AM (Sensei Lavin)

Sunday Nov 2nd:

Departure from Chicago at 10:05 PM

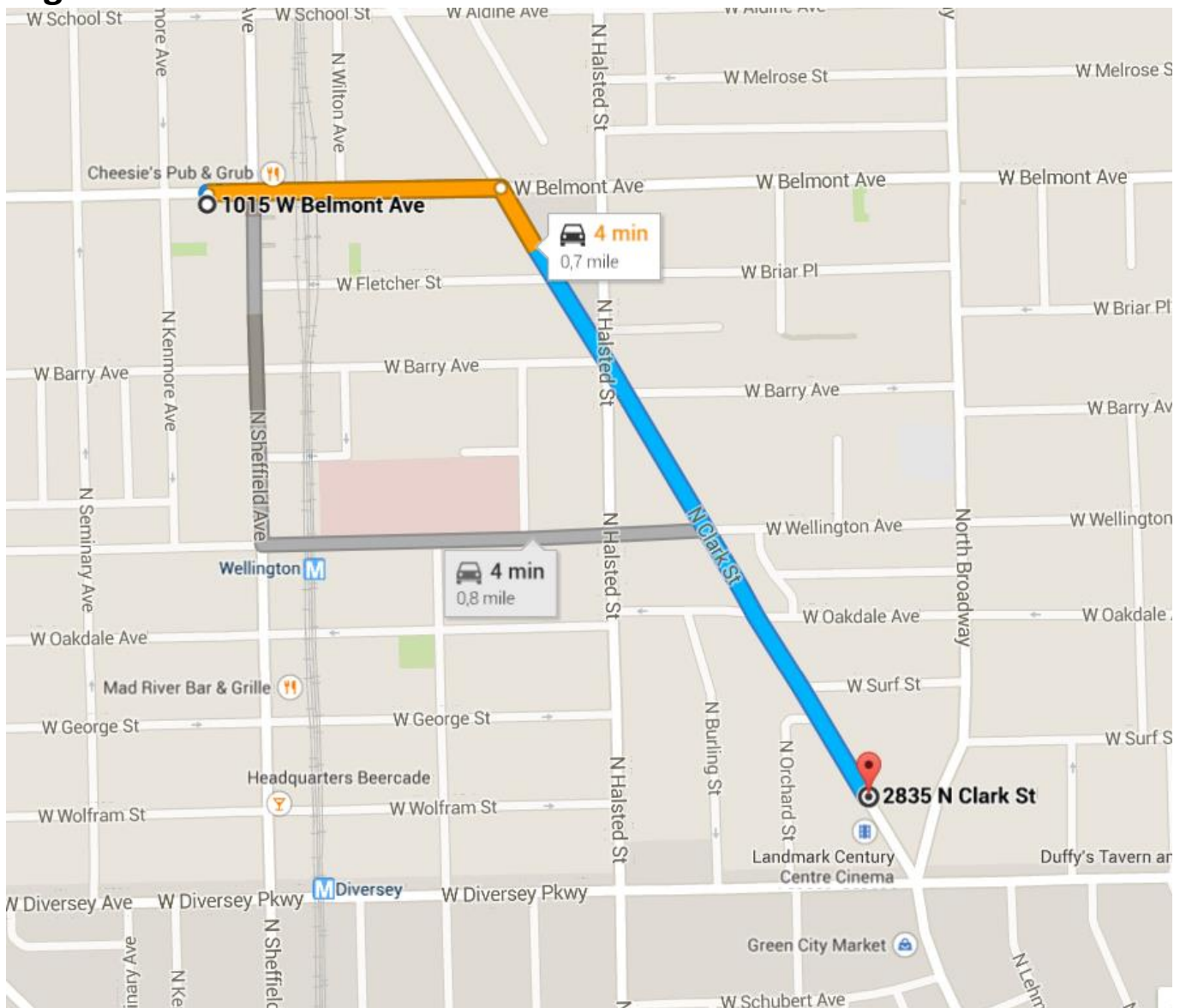
Address dojo: 1016 West Belmont Avenue, Chicago, IL 60657, USA

Address: lägenhet: 2835 N Clark St.

Karta:

Dojon: 1016 West Belmont Avenue

Lägenhet: 2835 N. Clark Street



Wifi lägenhet 1: athomeinnchicago1stfloor lösen: watertower

Wifi lägenhet 2: athomeinnchicago2ndfloor lösen: watertower

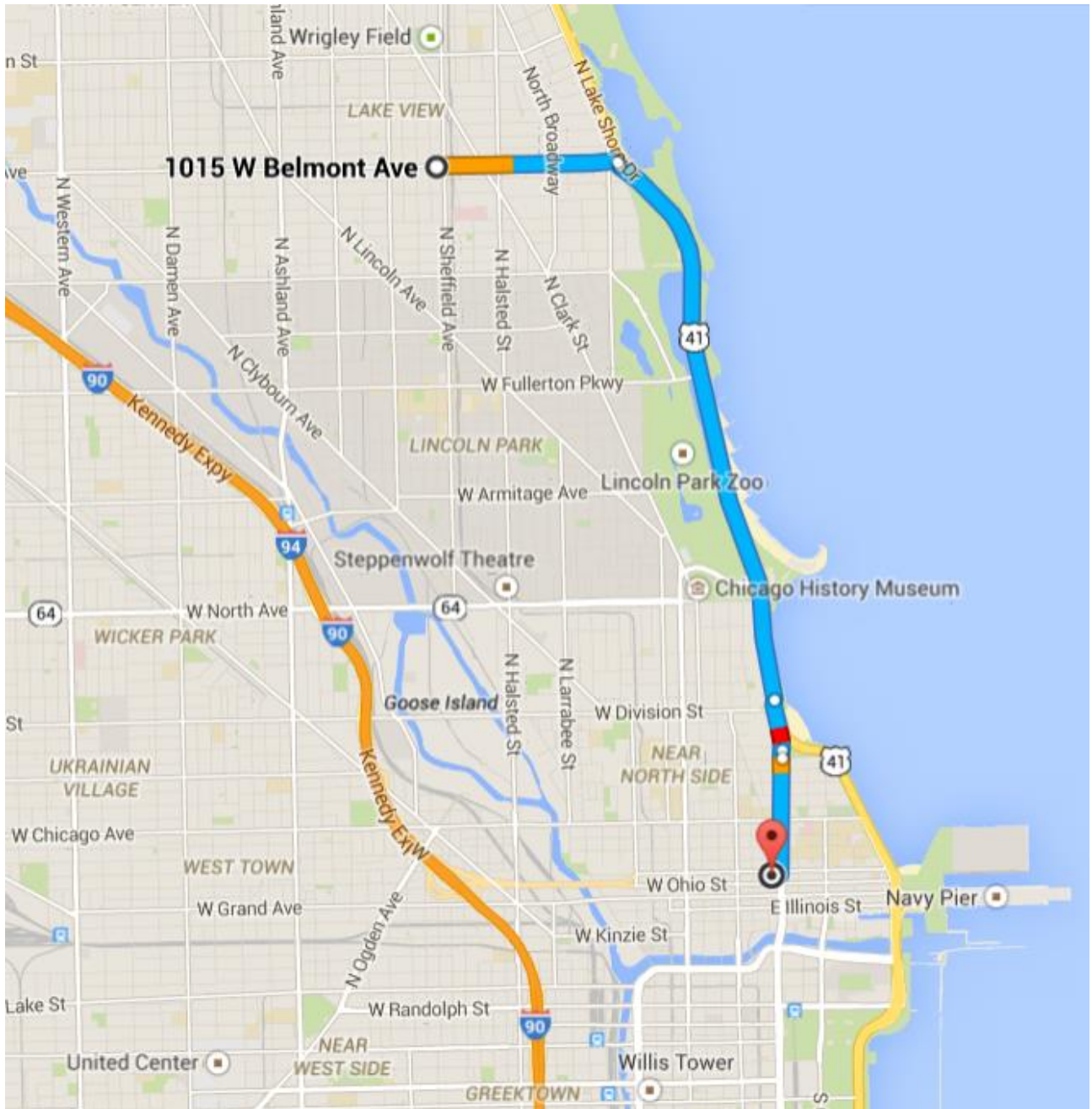
Wifi Dojo:

Peters danska mobil: +45 2961 0323

Peters USA mobil:

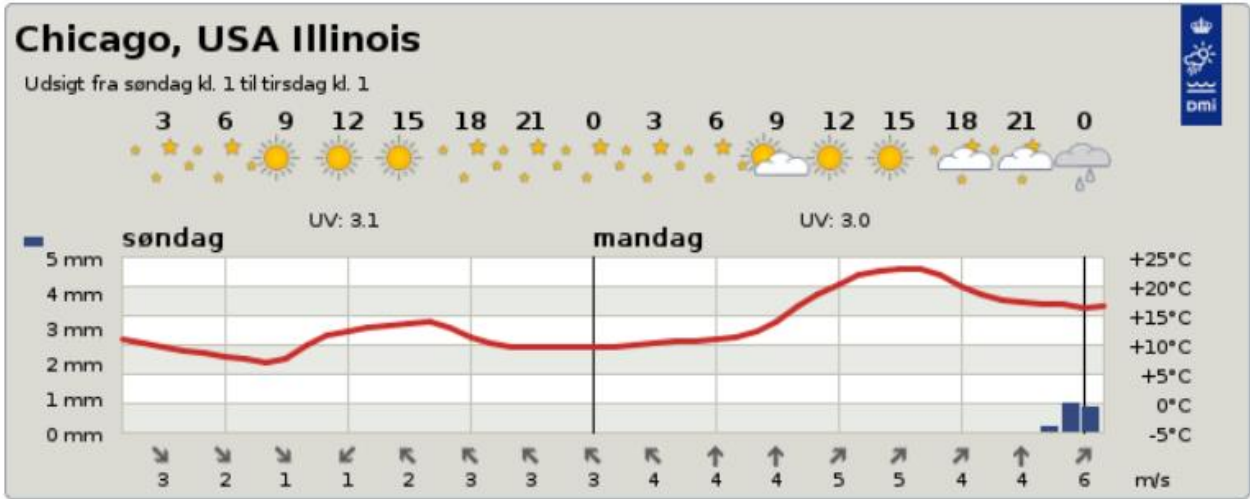
Marshalls – Shopping:

600 N Michigan Ave:



Vädret I Chicago denna vecka:

2-døgnsudsigt: (lokal tid)



3 til 9-døgnsudsigt:

