



Saint Laurent du Var,
27 November 2007

OSU,

The SOENO KARATE SHIDOKAN ORGANISATION and the STADE LAURENTIN KARATE DOJO, organize :

THE INTERNATIONAL SHIDOKAN GALA
15 MARCH 2008
In SAINT LAURENT DU VAR near NICE
Only 12 Matches

2 bed-nights and breakfast will be payed for fighters and coach (one by team)

If you are interested in taking part in this gala, please return us, as soon as possible, the following informations :

- NAME
- FIRST NAME
- EXACT WEIGHT
- SPORT INSURANCE
- MEDICALE CERTIFICATE mentioning “able for shidokan fight”,
all fighters must have more than 18 years.
- PHOTO WITH KAMAE AND DOGGI

You will find enclosed the SHIDOKAN FRANCE rules:

- **SHIDOKAN MARTIAL ART**
5 Rounds of 2 minutes with one minute rest
- **SHIDO BOXING with DOGGI (Gloves 12 OZ)**
5 Rounds of 2 minutes with one minute rest
- **SHIDO GRAPPLING**
3 Rounds of 5 minutes with one minute rest

Please return your answer very quickly