

SENSEI LUIS NUNES



55

YEARS TRAINING KARATE-DO

WE WILL CELEBRATE MY YEARS OF TRAINING, AND I WISH IT TO BE BY AND FOR FRIENDSHIP,
NO MATTER WHAT SCHOOL YOU PRACTICE, WHAT LOGO YOU HAVE,
ALL PEOPLE, REGARDLESS OF RACE, AGE OR SEX, ARE WELCOME.

APRIL 11 TO 13, 2025 **ALICANTE** (CITY CENTER)

CENTRO DE TECNIFICACIÓN DE ALICANTE
FOQUERER JOSÉ RAMÓN GUILABERT DAVÓ 3 - 03005 ALICANTE - ESPAÑA

CONFIRMED INSTRUCTORS TO DATE

Sensei Nakamura *Sensei Mistry* *Sensei Yamashiro* *Sensei Linda*





Dear friends:

If you are interested in attending the 55th anniversary Gasshuku in April - information is now available here.

We invite you to join us to celebrate his legacy and passion for karate in a weekend full of learning, camaraderie and excitement.

This event is a perfect opportunity to improve your skills and meet other martial arts enthusiasts, but above all, enjoy some unforgettable days, training with great teachers and celebrating with Sensei Luis.

It doesn't matter what school you practice, what logo you have, everyone regardless of race, age or sex is welcome to the special Gasshuku for the 55th Anniversary of our beloved Sensei Luis Nunes!

Don't miss it, sign up and share the joy of this celebration!

The Gasshuku will take place in **Alicante**, located on the **Costa Blanca** of Spain.

The Port of Alicante is one of the most emblematic and dynamic places in the city, combining its rich seafaring history with modern tourist facilities.

Today, the port is a meeting point for tourists and locals, with a wide range of restaurants, bars and shops lining the marina.



Here in the port at the Alicante Nautical Club the Sayonara Party will be held



Link Inscripción al Entrenamiento-Bolsa Picnic-Sayonara-Camisetas-Alberge
Link Registration for Training-Picnic Bag-Sayonara-Shirts-Hostel
Lien D` inscription aux Formations-Sac Pique-Nique-Sayonara-T-Shirts-Hostel
Link zur Schulungsanmeldung-Picknicktasche-Sayonara-T-Shirts-Hostel

<https://forms.gle/DCgh2p4LtjUHHa5p6>

TRAINING

The Gasshuku is located from 11 bis 13 April in the Centro de Tecnificación de Alicante, in calle Guerrer José Ramón Guilabert Davó 3 – 03005 Alicante

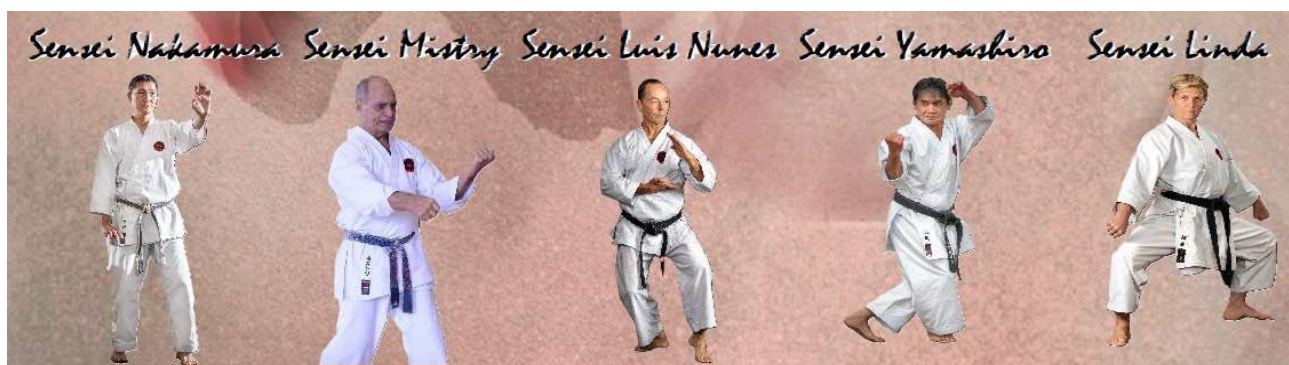


Google Maps: Centro de Tecnificación Deportiva click aquí

https://www.google.es/maps/place/Centro+de+Tecnificaci%C3%B3n+Deportiva+Alicante/@38.3543453,-0.4975816,16z/data=!4m6!3m5!1s0xd6236f89f5462c9:0x49b25f6d182e692d!8m2!3d38.3543411!4d-0.4950067!16zL20vMGdfNnAx?hl=es&entry=ttu&g_ep=EgoyMDI0MTAxNi4wIKXMDSoASAFQAw%3D%3D



Our masters are:



Our Training schedule

HORARIO – SCHEDULE – CALENDRIER – ZEITPLAN

POLIDEPORTIVO CENTRO DE TECNIFICACIÓN DEPORTIVA DE ALICANTE

Dirección: Foguerer Gilabert Davó s/n 3005, Alicante, España

11/04/2025 VIERNES – FRIDAY- VENDREDI – FREITAG 17:00 h – 20:00 h	12/04/2025 SÁBADO – SATURDAY- SAMEDI – SAMSTAG 09:30 h – 16:00 h	13/04/2025 DOMINGO – SUNDAY - DIMANCHE – SONNTAG 09:30 h – 14:00 h
	Todos los grados - All grades Tous les grades - Alle Graduierungen 09:30 h – 10:00 h	Todos los grados - All grades Tous les grades - Alle Graduierungen 09:30 h – 10:00 h
	Entrenamiento por Grupos - Group training Formation de groupe – Gruppentraining 10:00 h – 13 :00 h	Entrenamiento por Grupos - Group training Formation de groupe – Gruppentraining 10:00 h – 13 :00 h
	13:00 h – 13:45 h Almuerzo – Lunch-Déjeuner – Mittag Puedes solicitar Bolsa Picnic You can request a Picnic Bag Vous pouvez demander un Sac Pique-Nique Sie können eine Picknicktasche anfordern	
Todos los grados - All grades Tous les grades - Alle Graduierungen 17:00 h – 17:30 h	Entrenamiento por Grupos - Group training Formation de groupe – Gruppentraining 13:45 h – 15:45 h	Todos los grados - All grades Tous les grades - Alle Graduierungen 13:00 h – 14.00 h
Entrenamiento por Grupos - Group training Formation de groupe – Gruppentraining 17:30 h – 19 :30 h	Todos los grados - All grades Tous les grades - Alle Graduierungen 15:45 h – 16:00 h	
	Tarde Libre Free afternoon Après-midi libre Freier Nachmittag	
Todos los grados - All grades Tous les grades - Alle Graduierungen 19:30 h – 20:00 h	Sayonara Party Cena Despedida-Farewell Dinner Diner d`adieu - Abschiedsessen 20:30 h - Restaurante Poniente Club Nautico de Alicante	

ENTRENAMIENTO-TRAINING-ENTRAÎNEMENT

AÑOS-YEARS-ANNÉES-JAHRE	HASTA-UNTIL-JUSQU`À-BIS 15 ENERO-JANUARY-JANVIER-JANUAR	DESPUÉS DE-AFTER-APRÈS-NACH 15 ENERO-JANUARY-JANVIER-JANUAR
12 - 14	55 €	65 €
15 - 17	75 €	85 €
+ de-of-de-von 18	95 €	105 €

Sayonara Party



蒸
豚
飯

MENÚ ESPECIAL



GASSHUKU
SENSEI LUIS NUNES
AÑOS ENTRENANDO
YEARS TRAINING
KARATE-DO

12 DE ABRIL DE 2025

ENTONANDO EL CUERPO CON JUNBI UNDO

(準備運動)

Ensalada

Pasta con Bonito, pepino, York, Maíz, Queso Feta y nuestro aliño

RECUPERANDO HOJO UNDO

(補助運動)

Crema de Puerro y sus crotons especiados

AGA/AJADOS/ CON MAKIWARA

(巻藁)

Degustación de arroz del Señor con su AliOli y Limón

CULMINARON CON KATA SANCHIN

(三戦)

Carrillera ibérica estofada con parmentier de patata y zanahoria al perfume de ajo tostado

ALGO DULCE EN LA KATA TENSHO

(転掌)

Tarta Chojun Miyagi

OPCIÓN MENÚ VEGETARIANO

Ensalada de pasta con tofu, pepino, maíz, cherrys y pasas

Crema de Puerro y sus crotons especiados

Degustacion de arroz del Bancal con su AliOli y Limón

Guiso de garbanzos y espinacas con sus verduras de vigilia

Peras al Vino

40 €

(1 Copa de sobremesa incluida)
(Seguientes Copas a 6)



MENÚ INFANTIL

(Hasta - Unfil - Jusq`à - Bis 12 Años)

PLATO COMBINADO

- Ensaladilla Rusa
- Jamón de bodega
- Croquetas de jamón
- Patatas Fritas
- Empanado de Pechuga
- Postre
- Bebida

25 €



For lunch on Saturday during training, you can request a Picnic Bag when you register online

Note: For all those who stay at the HOSTEL, it will not be necessary to request this Picnic Bag because in exchange for the FOOD that is included in the accommodation, they can make you a PICNIC Bag to take to training on Saturday.

You will have to pick it up in the morning, at breakfast before leaving for the Technology Center

The Picnic bag contains:

To choose:

Bread with Jamón Serrano and Manchego Cheese and Tomato

or

Vegetarian – Bread with Cheese and Tomato

You can choose the bread: White – integral – Glutenfree

Drinks

One Water 50 CL for all

And a second drink:

Water 33 CL/ Coca-Cola/Fanta Orange/Aquarius Limón/Nestea Té con Limón

Fruit

One apple and one banana

1 Barrita without Gluten

Price: 6,50 €



Camisetas - T-shirts 15 €

(Pedidos hasta **31 de Marzo**)
(Orders until **March 31st**)
(Commandes jusqu`au **31 Mars**)
(Bestellungen bis **31 März**)

*-Por favor tenga en cuenta las diferentes medidas en la misma talla si son para Hombre o Mujer

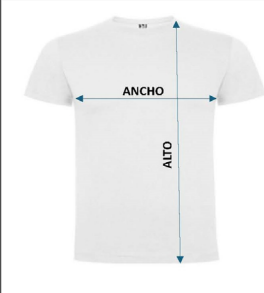
*-Please note the different measurements in the same size if it is for Men or Women

*-Merci de prendre en compte les différentes mesures dans une même taille si elles sont pour Homme ou Femme

*-Bitte berücksichtigt die unterschiedlichen Maße, wenn es sich um Herren- oder Damengrößen handelt




HOMBRE - MAN - HOMME - MANN



Talla	Ancho (cm)	Alto (cm)
S	48	69
M	50	71
L	54	73
XL	58	75
2XL	62	77
3XL	66	79
4XL	70	81
5XL	74	83

* Las medidas anteriores pueden tener una tolerancia de ± 2 cm

MUJER - WOMAN - FEMME - FRAU



Talla	Ancho (cm)	Alto (cm)
S	41	62
M	44	64
L	47	66
XL	50	68
2XL	54	69
3XL	57	70

* Las medidas anteriores pueden tener una tolerancia de ± 2 cm

*En breve os presentaremos el diseño de la camiseta

*We will soon present you the design of the T-shirt

*Nous présenterons prochainement le design du T-shirt

*Das T-shirt-Design stellen wir in Kürze vor

Accommodation

Hostel (Albergue) (Limited Places - 50 reserved)



NUESTROS SERVICIOS



Comedor



Biblioteca



Sala de TV



Lavandería
(autoservicio)



Sala de estudio
exclusiva para
residentes



Wifi y puntos fijos
de internet



Servicio de limpieza



Pistas deportivas

Residencia Juvenil La Florida

Avda. de Orihuela, 59. Alicante
Teléfono de la Generalitat: 012
Teléfono Residencia Juvenil La Florida:
965 918 250
laflorida_ivaj@gva.es

La residencia forma parte de
las instalaciones juveniles del
Institut Valencià de la Joventut.



* Todas las habitaciones son
individuales con baño privado.

Hostel - PRICE 40 € PER PERSON FOR TWO NIGHTS and INCLUDED:

Check-in time from 1:00 p.m. and Check-out time before 11:00 a.m.

Staying Friday, Saturday and leave Sunday in a single room with private bathroom.

(IMPORTANT: The Hostel reserves the right to make changes to the type of room, which may be shared depending on availability)

A set of sheets and towels.

FRIDAY DINNER, SATURDAY BREAKFAST And in exchange for the LUNCH they can make us a PICNIC Bag to take to training on Saturday and SUNDAY BREAKFAST.

Dining Hours:

Dinner Friday from 8:30 p.m. to 10:30 p.m.

Breakfast on Saturday and Sunday from 8:00 a.m. to 10:00 a.m.

The Hostel is the only Accommodation that you have to request through the same Gasshuku registration link.

All other accommodations, in order to obtain discounts and special offers for this Gasshuku, must be made through  bookaris as explained below:

Hotels

Bookaris is the official and collaborating company that will make reservations for the different types of accommodation that best suit our participants and families with discounts and special offers for this Gasshuku.



Right now they have blocked a hotel at a group price with 25 rooms available as follows:

HOTEL TRAVELODGE ALICANTE PUERTO***

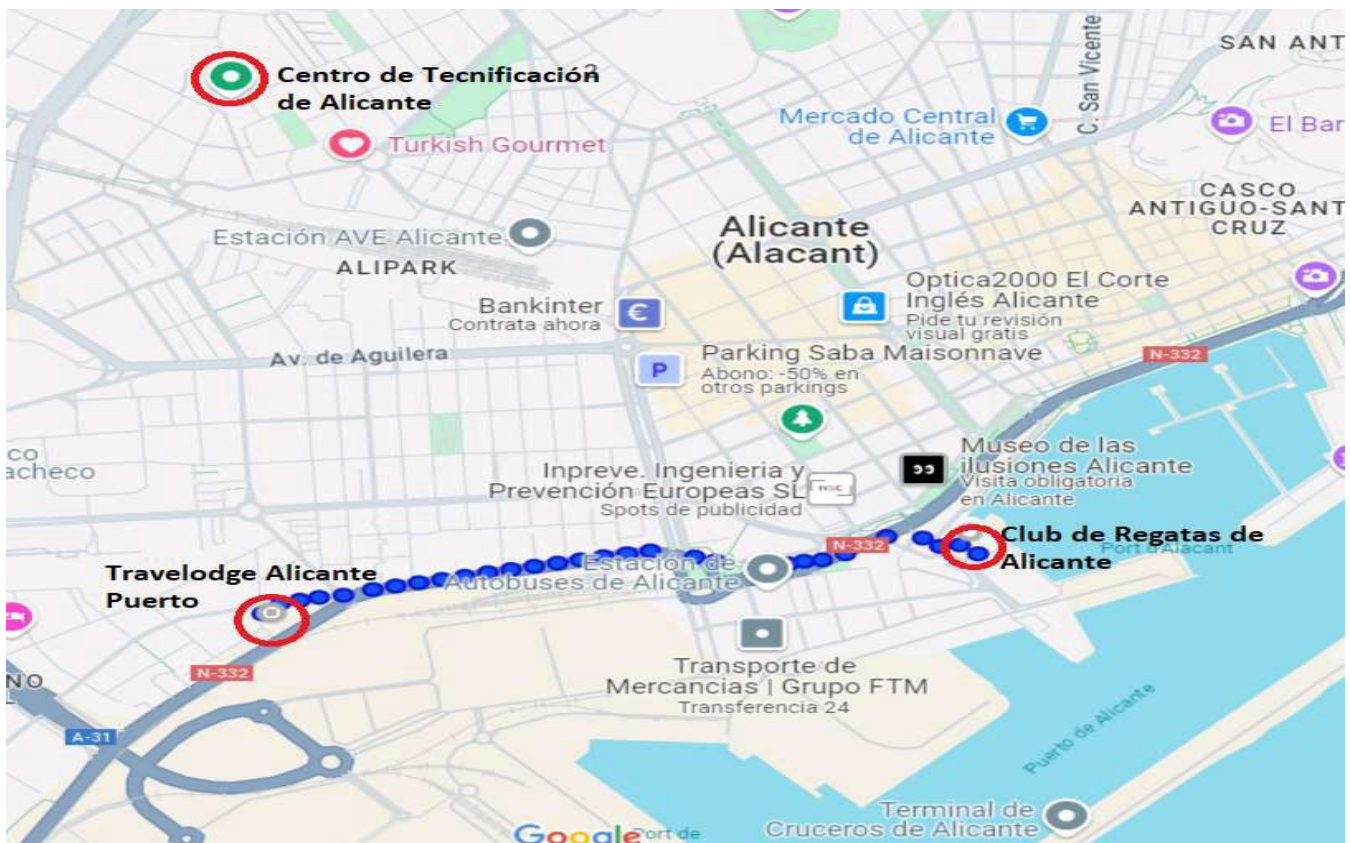
- Price of the double room with breakfast and night: €110/night
- Price for a triple room with a child or for 3 adults with breakfast per night: €142/night

The hotel reserves the right to use rooms adapted to the distribution of the group's rooms for optimal group operations.

If you want to reserve, you must send an email to reservas@bookaris.com so that they can be taken note of.

Keep in mind that space is limited and if you reserve a room it must be firm. After any eventuality, please notify us immediately so that the room can be released.

***Both in the vicinity of the hotel and the Technology Center, parking is not complicated.



On the other hand, in addition to the Hotel Travelodge Puerto with group rate, and in order to facilitate the choice of accommodation, Bookaris offers an extra discount coupon apart from the offers offered online in all its accommodations (**guesthouses, apartments, hotels of any category, etc.**).

Discount Coupon: IOGKF

*Cupón válido por un año

The extra discount coupon is applied directly on the page in the step of confirming the reservation:
<https://www.bookaris.com>

For any questions about accommodation please contact the following email: reservas@bookaris.com

The screenshot shows a registration form with three main sections: 'DATOS PERSONALES', 'PREFERENCIAS', and 'DESCUENTO EXTRA'.
1. 'DATOS PERSONALES' includes fields for Name, Surnames, NIF, Municipality, Province, Telephone, Email, and Confirm Email. A note states: 'Importante: El nombre debe corresponder con una de las personas que vaya a disfrutar de la estancia para no tener problemas al llegar al establecimiento.'
2. 'PREFERENCIAS' contains nine checkboxes for room preferences: 'Habitaciones comunicadas', 'Cama de matrimonio', 'Preferible piso bajo', 'Preferible piso alto', 'Camas separadas', 'Luna de miel', 'Habitaciones contiguas', 'Cuna, sujeto a disponibilidad', and 'Clientes llegarán tarde'.
3. 'DESCUENTO EXTRA' has a checked checkbox 'Tengo un cupón descuento de Bookaris' and a text input field containing 'IOGKF'. An 'APLICAR CUPÓN' button is located at the bottom right of this section.

Later we will inform you about optional activities for companions who are not going to train,

¡Stay connected!