

18^ª NACIONAL IOGKF ESPAÑA

INSTRUCTOR JEFE
LUÍS NUNES
8^º DAN

24 A 26 OCTUBRE

MALLORCA

ORGANIZAN

IOGKF
ESPAÑA

GOJU RYU

剛柔流



空手道

KARATE DO
SANTANYI

MÁS INFORMACIÓN: WWW.IOGKFSPAIN.COM

COLABORAN

 Ajuntament
de Palma

 Consell de
Mallorca



Ajuntament de Santanyi

 FORN
CAN VICENS
LLUCMAJOR

ramaders
fundat l'any 1982

Quely



KOKORO



PORRERES

GASSHUKU NACIONAL 2025

IOGKF SPAIN



FROM 24 TO 26 OCTOBER 2025 IN PALMA DE MALLORCA

ALL ARE WELCOME!

I invite you to participate in the 2025 National Course that this year will be held in

Palma Mallorca, Balearic Islands.

Training

will take place at the **Antoni Servera Sports Center,**

Address:

Camí de Ca na Gabriela, 29, Playa de Palma, 07600 Palma, Balearic Islands

Telephone: 971 74 63 15







National Registration 2025

<https://forms.gle/USTbQZd4gBRtCH4X9>

HORARIO – SCHEDULE – CALENDAR – ZEITPLAN

NACIONAL 2025 FROM 24 TO 26 OCTOBER - PALMA MALLORCA

		
<div><div>24</div><div>18:30 h – 20:00 h</div><div>VIERNES – FRIDAY</div><div>FRIDAY – FREITAG</div></div>	<div><div>25</div><div>09:10 am – 5:00 pm</div><div>SÁBADO – SATURDAY SAMEDI – SAMSTAG</div></div>	<div><div>26</div><div>09:10 am – 1:00 pm</div><div>DOMINGO – SUNDAY</div><div>DIMANCHE – SONNTAG</div></div>
<div><div>6:30 p.m. – 8:00 p.m.</div><div>All grades All grades</div><div>All Grade Alle Grade</div></div>	<div><div>09:10 am – 10:05 am</div><div>Cinturones Negros Black Belts</div><div>Ceintures Noires Schwarzgurt</div></div>	<div><div>09:10 am – 10:05 am</div><div>Cinturones Negros 4 Dan y arriba Black Belts</div><div>4º Dan and above Ceintures Noires 4º Dan</div><div>et plus Schwarze Gürtel 4º Dan und höher</div></div>
	<div><div>10:10 a.m. – 11:25 a.m.</div><div>All grades</div><div>All grades</div><div>All grades</div><div>All Grades</div></div>	<div><div>10:10 a.m. – 11:00 a.m.</div><div>All grades</div><div>All grades</div><div>All grades</div><div>All Grades</div></div>
	<div><div>11:30 a.m. – 12:25 p.m.</div><div>12:30 p.m. – 1:25 p.m.</div><div>Group Training</div><div>Group training</div><div>Group Training</div><div>Group training</div></div>	<div><div>11:05 a.m. – 11:50 a.m.</div><div>11:55 a.m. – 12:40 p.m.</div><div>Group Training</div><div>Group training</div><div>Group Training</div><div>Group training</div></div>
	<div><div>GROUP PHOTO</div></div>	<div><div>12:45 p.m. – 1:00 p.m.</div><div>All grades</div><div>All grades</div><div>All Grade Alle Grade</div></div>
	<div><div>1:30 p.m. – 2:00 p.m.</div><div>Almuerzo - Lunch Déjeuner - Mittagessen</div></div>	
	<div><div>2:00 p.m. – 2:45 p.m.</div><div>2:50 p.m. – 3:35 p.m.</div><div>3:40 p.m. – 4:25 p.m.</div><div>Group Training</div><div>Group training</div><div>Group Training</div><div>Group training</div></div>	<div><div>Tests</div><div>Grading</div><div>Exams</div><div>Scrutinies</div></div>
	<div><div>4:30 p.m. – 5:00 p.m.</div><div>All grades</div><div>All grades</div><div>All grades</div><div>All Grades</div></div>	
	<div><div>8:00 p.m.</div><div>Cena Despedida - Farewell Dinner - Diner d'adieu</div><div>Farewell dinner</div><div>Sayonara Party at HOTEL MLL PALMA BAY 3*</div><div>Address: Carrer d'Amílcar, Playa de Palma,</div><div>07600 Palma Phone: 971 09 61 80</div></div>	
<div><div></div><div><div>GOJU RYU</div><div>剛柔流</div><div>空手道</div><div>KARATE-DO</div><div>SANTANYI</div></div></div>		

NOTE: For Saturday lunch there are 30 minutes to have a drink.

We offer for 6 € per person

Buffet of local products + fruit + drink (water, soft drink, aquarium...)

And most importantly coffee....



Or

We advise everyone to bring something with them already prepared.

T-shirts 10 €



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

Deadline to buy T-shirts 16 October 2025

SAYONARA PARTY

Single price for all ages per person: 30€

Saturday, 25 at 8:00 p.m. at:

Hotel MLL Palma Bay 3*

Address: Carrer d'Amílcar, Platja de Palma, 07600 Palma - Telephone: 971 09 61 80

Sayonara Party Menu

All-you-can-eat buffet with drinks included (taps)

CREAM

CREAM OF ZUCCHINI AND BROCCOLI WITH COCONUT MILK

MAIN COURSES AND SIDE DISHES

CHICKEN WITH CREAM OF MUSHROOM SOUP/PORK KNUCKLE WITH SPANISH SAUCE
TILAPIA MALLORQUINA/CHARCOAL ON MALLORCAN TUMBET

SAUTÉED RICE
TOMATO GRATIN
VEGETARIAN CORNER
CHICKPEA CURRY
BAKED SWEET POTATO
FRENCH FRIES

RINCÓN DE PASTA

SEAFOOD PASTA

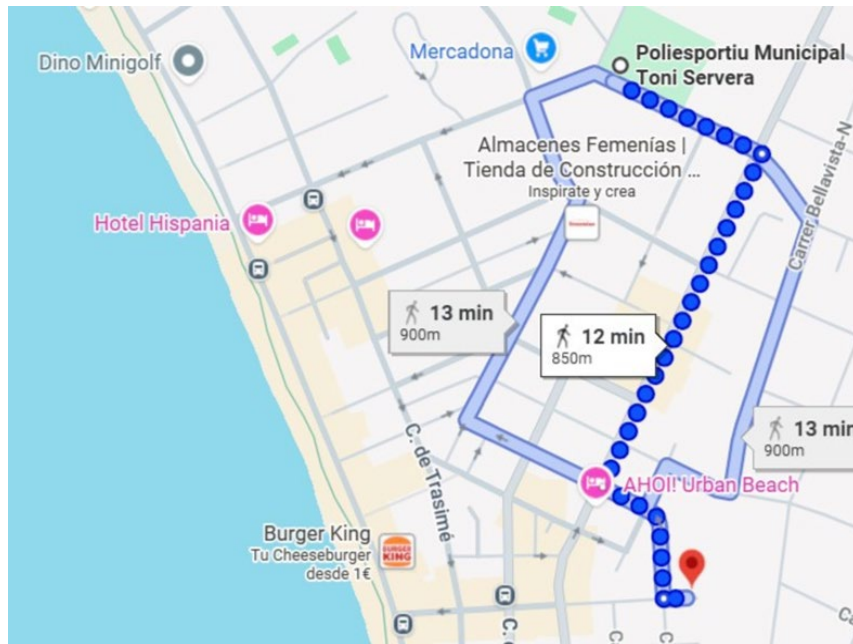
COLD BUFFET

CRUDITÉS AND OLIVES SEAFOOD
SALAD GREEK SALAD WITH FETA
CHEESE TRAMPÓ WITH TUNA

DESSERTS

PUDDING
MOUSSE SABOR
ARM FLAVOR AND PROFITEROLES
COCONUT RICE PUDDING CUT
FRUIT

Distance from the hotel to the Toni Servera Municipal Pavilion where the Gasshuku will be held:



Accommodation will be made and paid
for directly with  **bookaris**

HOTEL MLL PALMA BAY 3*

Address: Carrer d'Amílcar, Playa de Palma,
07600 Palma Telephone: 971 09 61 80

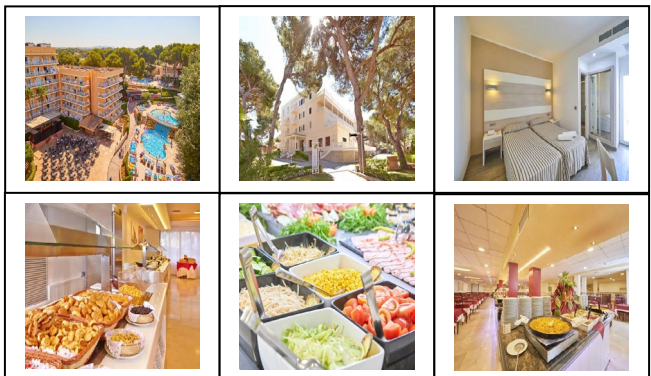
Check-in on Friday, October 24
Check-out on Sunday, October 26

Price per person including two nights in a room with two beds, with breakfast, Friday dinner and tourist taxes (4,40€): 123.40€

*There is no tourist tax until the age of 16.

- Single Supplement: +30€
- Discount for children up to 13 years old: 50% discount
- 3rd and 4th adult person sharing a room is the same price. No discount applies.
- Breakfast hours : **08h -10.30h**
- Friday dinner hours : **7pm - 9.30pm** (water is included, other drinks are paid directly)
- Sayonara Party dinner schedule **Saturday: 8pm – 10.30pm**
- Friday dinner will be held together with the rest of the customers in the main dining room. Saturday dinner will be held in a separate room for us.

Cancellation Policy:



30 days or more before the client's arrival 50% of the reservation
 29 – 14 days before the client's arrival 75% of the total booking. 13 - 1
 day before the client's arrival 100% of the reservation.
 No-show 100% of the total reservation.

HOTEL RESERVATIONS MLL PALMA BAY 3*

Anyone who wants to book must fill out this form and send it as soon as possible by email
 to: reservas@bookaris.com

Price per person including **two nights** in a room with two beds, with breakfast, Friday dinner and tourist
 taxes (€4.40): **123.40€**

*There is no tourist tax until the age of 16.

- Single Supplement: +30€
- Discount for children up to 13 years old: 50% discount
- 3rd and 4th adult person sharing a room is the same price. No discount applies.

Entry on Friday, October 24

Departure on Sunday, October
26

(Mark with an X the type of room you choose)

Room Single use

Shared room

Shared with:

Information Needed for Booking and Check-in

1st occupant room		2nd occupant room	
Name:		Name:	
Surname:		Surname:	
Document:		Document:	
Date of issue:		Date of issue:	
Support number (ID)		Support number (ID)	
Date of Birth		Date of Birth	
Age		Age	
address		address	
C.P.		C.P.	
Population		Population	
Province		Province	
State/Central America		State/Central America	
Country of residence		Country of residence	
Email		Email	
Telephone		Telephone	