

 ****

**INTERNATIONAL STAGE HUESCA 2024**

**15 – 16 – 17 MARCH 2024**

**MARCH 15.**

**FROM 7:00 PM TO 9:00 PM INTERNATIONAL STAGE**

PLANNED PROGRAM KI NANBU TAISO

RANDORI + NININGAKE

 BASIC KATA + BUNKAI (Details and doubts)

 KEIRAKU TAISO

**MARCH 16**

**FROM 10:00 AM TO 12:00 PM INTERNATIONAL STAGE**

PLANNED PROGRAM KI NANBU TAISO

RANDORI + SUWARI ADVANCED RANDORI

SUPERIOR KATA + BUNKAI (Details and doubts)

KEIRAKU TAISO

**FROM 4:00 PM TO 5:30 PM INTERNATIONAL STAGE**

PLANNED PROGRAM TENCHI UNDO

SOTAI BASIC + SUPERIOR

BASIC + SUPERIOR KATA

**FROM 7:00 p.m. to 8:00 p.m. “TALK TALK “ANECDOTES OF DOSHU SOKE YOSHINAO NANBU WITH THE DAI SHIHAN”**

**9:30 PM INTERNATIONAL STAGE DINNER**

**MARCH 17**

**FROM 10:00 A.M. TO 11:30 A.M. INTERNATIONAL STAGE**

PLANNED PROGRAM KI DO HO

BASIC + SUPERIOR KATA

SUWARI RANDORI + KANTSETSU RANDORI

**FROM 11:30 AM TO 12:30 PM SPECIAL INTERNATIONAL STAGE FOR CHILDREN**

**P.S. During the Stage sessions, there will be joint work and work in which the Nanbudokas will be divided into 2 Tatamis, depending on their program and level, to make the most of the time and experience of the Dai Shihan, creating a dynamic environment.**

**STAGE PLACE; CENTER POLIDEPORTIVO DEL PARQUE Avenida Juan XXIII HUESCA**

**STAGE 50 EUROS**

**CHILDREN'S STAGE 10 EUROS (Sunday class only)**

**STAGE SATURDAY DINNER 25 EUROS**

**REGISTRATIONS (deadline March 8)**

MARIANO CARRASCO + 34 636 95 15 51

marianocarrasco1@gmail.com

ALMA LARA + 34 630 60 36 24

almalara79@gmail.com

Zaragoza Airport (Saragossa) (we will pick you up and take you)

Barcelona Airport (train and bus to Huesca or Zaragoza)

Pau Airport -France- (car rental to Huesca)

**POSSIBLE ACCOMMODATIONS (there are many more, all within these prices, look at booking.com)**

**RUGACA HOSTEL**

DOUBLE ROOM 50 EUROS PER NIGHT.

5 MINUTES WALKING TO THE SPORTS CENTER.

CITY CENTER

www.booking.com HOSTAL RUGACA HUESCA

**HOSTAL EL CENTRO HUESCA**

DOUBLE ROOM 50 EUROS PER NIGHT.

7 MINUTES WALKING TO THE SPORTS CENTER.

CITY CENTER

http://www.hostalelcentrohuesca.es/

www.booking.com HOSTAL EL CENTRO HUESCA

**SANCHO ABARCA HOTEL \*\*\*\***

DOUBLE ROOM 81 EUROS PER NIGHT.

2 MINUTES WALKING TO THE SPORTS CENTER.

www.booking.com HOTEL SANCHO ABARCA

https://www.hotelsanchoabarca.com/

**HOTEL PEDRO I ARAGON \*\*\*\*HIGHER**

DOUBLE ROOM 92 EUROS PER NIGHT.

1 MINUTE WALK TO THE SPORTS CENTER.

www.booking.com HOTEL PEDRO I HUESCA

https://www.hotelpedroidearagon.com/