



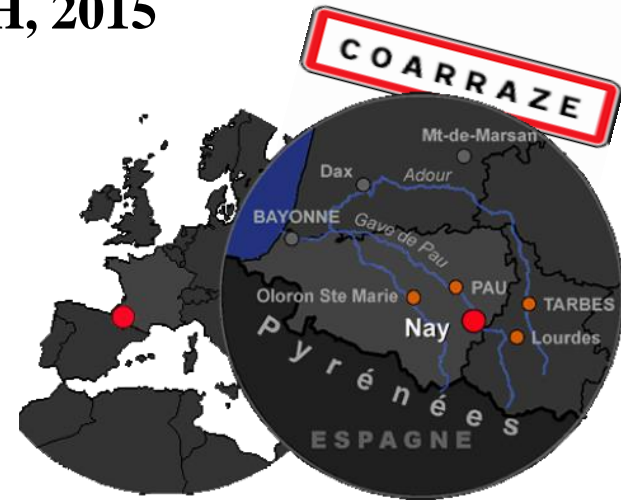
INTERNATIONAL JUJITSU TRAINING CAMP



(FIGHTING SYSTEM, NE-WAZA SYSTEM, DUO SYSTEM)

24 ON AUGUST 28TH, 2015

The **French Federation of Judo Jujitsu** organizes by means of the municipality of COARRAZE, the departmental committee of 64 and the Aquitaine League of Judo, Jujitsu, a training camp Fighting system, Ne-Waza system and Duo system. This training camp will take place from 24 till 28 August 2105 to COARRAZE (near PAU) in the south of France.



With a gymnasium with 600 m² of mats, a dojo with a surface of 144m² and punch bags and a swimming pool with a 25 meter pond, the installations are ideal to welcome the French and foreign sportsmen.

The possible sports activities around the village:

- Activities of running waters (rafting, canoe, hydrospeed, hot dog) (20€ / pers)
- Swimming pool
- Trekking



The tourist and cultural activities:

- City of Heavy
- Caves of Bétharram
- Castle of Pau (cradle of Henri 4)
- Cellar of Juranson
- Cirque de Gavarnie and gone hiking in mountain

PROJECTED PROGRAM TRAINING CAMP

24 TO 28 AUGUST 2015

	MONDAY 24/08	TUESDAY 25/08	WEDNESDAY 26/08	THURSDAY 27/08	FRIDAY 28/08
7H				7h - 8h30 Jujitsu training	
7H30		Running or cardio training	Running or cardio training		Running or cardio training
8H15					
8H30		Breakfast	Breakfast		Breakfast
9H15				Breakfast	
10H		10h - 11h30 Jujitsu training	10h - 11h30 Jujitsu training	Trekking	10h - 11h30 Jujitsu training
11H30					
12H15		Lunch	Lunch	Lunch	Lunch
13H15					
14H	Reception	Rafting or Swimming pool or free Time	Rafting or swimming pool or free Time	Trekking	14h - 15h30 Jujitsu training
16H	16h - 18h30 Jujitsu training				
18H30		17h - 19h Jujitsu training	17h - 19h Jujitsu training	Swimming pool	
20H30	Dinner	Dinner	Dinner	Barbecue Dinner	

The places of accommodation and caterings:

- Secondary school for vocational training of Coarraze, boarding school (internship) by room of 2 or 3, (200 places) (50 meters of the sports structures).

36 euros in Full Board



Possibility of accommodation in hotel (see directly with hotels):

- Hôtel le vieux logis in Lestelle-Betharram, (8 min of transport)
33 chambers from 70 to 95 euros at night - breakfast in 10 euros, Tourist tax in 0.50 euros/day

Tél : +33559719487 - Email: contact@hotel-levieuxlogis.com

Web site: [http:// www.hotel-levieuxlogis.com/](http://www.hotel-levieuxlogis.com/)

- Hôtel le central in Lestelle-Bétharam (8 min of transport)
7 rooms has 40 euros at night - breakfast in 6 euros, Tourist tax 0.20 euros/day

Possibility of on-the-spot catering

Tél: +33559719288 - Mobile: +33686553818

Email: contact@restaurant-lecentral.com

Web site: [http:// www.restaurant-lecentral.com/](http://www.restaurant-lecentral.com/)

- Hôtel chez Abel in Pardies-Pietat (12 min de transport)
7 rooms from 38 to 48 euros at night - breakfast in 6 euros, Tourist tax in 0.20 euros/day

Tél: +33559712258 - Email: alaincrauste@wanadoo.fr

Web site: [http:// www.hotel-restaurant-nay.com/](http://www.hotel-restaurant-nay.com/)

Transportation:

- Airport of Pau.
- Airport of Tarbes.
- Railroad station of Coarraze.
- Shuttle between the airport and the railroad station of Pau.

Contact :

Fédération Française de Judo, Jujitsu, Kendo et DA

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