

Dear Martial Arts Practitioners

For years, some of you have expressed the desire to visit France and train at the same time. So we are pleased to invite you to the 25th annual Jeet Kune Do and Filipino martial arts summer camp on August 5 to August 9, 2019 in the absolute charming town of **Arcachon**, which is near Bordeaux, in France at a very low cost (*see registration form for details*).

This year, our training site will take place in a completely renovated work out courtyard, in the middle of a beautiful setting. Our mornings will be devoted to **Jun Fan Gung Fu** and **Jun Fan Kick Boxing**, complemented with striking arts such as Savate and Muay Thai which were partially integrated into the art and philosophy of **Jeet Kune Do**. The training will focus on the strict effectiveness of self-defense techniques, whether for men, women or children. The afternoons will be free to enjoy the beach and surroundings dedicated to tourism.

The late afternoon will be devoted to training in Filipino martial arts: **Double sticks, single stick, stick and dagger, staff**, Filipino Boxing (**Panantukan**) and **Dumog**. We will work on the Inosanto Lacoste system, but we will also see other Filipino systems with a focus on self-defense efficiency.

Regarding accommodation, the Establishments "La Dune" are located on the Bassin d'Arcachon, in a beautiful site surrounded by pine trees, 3 minutes from the beach, near the famous **Dune du Pyla**. You can stay in full board (**strongly recommended**) half board or just sleep there. Meals are prepared on the spot by cooks who are used to designing meals for athletes (if you are vegetarian or allergic to anything, please specify on your registration form). You will find that the rates at the Cottage are really affordable and accessible to all budgets. The week in full board is absolutely unbeatable, especially for the place at this time of the year.

However, due to the limited number of beds available (we have reserved only 25 beds with possibility of 15 additional, the others are already retained by other associations), **it is imperative to reserve** your place quickly by sending your registration by mail **before July 10th 2019**

Return to: **Laurent PAULET** - 2 rue Tournon 33260 La Teste de Buch, for France and the EC countries.

Return to: **AFJKD-KALI - PO Box 66796 Los Angeles CA 90066 USA** for other countries.

The discount granted before July 10 is well worth it, so take advantage of it.

For those who wish to camp, it is better to book in advance because the place is extremely popular. If you choose this option, many fields are located around the training area. You can find them on the internet by visiting the website: <http://www.vacances.com/camping/destination-arcachon>. The restaurants outside the cottage are legion and you will be spoiled for choice. The activities offered by the region outside the course are varied. Popular movies were shot there, such as "Camping". You will find the list of the activities by visiting the site: <http://www.bassin-arcachon.com>

If you have any other questions concerning this seminar, you can contact during the day Mr. **Laurent Paulet** at **06-75-35-61-15**, or Mr. **Stéphane Châtelain** at **06-28-36-37-16** the evening after 7pm. We are counting on you to make it easier for them, by sending your reservation **for the rooms before July 10th**, as well as to secure your place at the seminar. If you can't download the registration form, please send a self-stamped envelope to your address and they will be happy to send it to you by mail. While waiting to have the pleasure of seeing old friends and welcoming new ones, I wish you all a beautiful summer in 2019.



The Dune du Pyla, the tallest sand dune in Europe.

Salem Amli

Technical Director of the AFJKD & KALI
Professor/Sifu / Guro

