



International Traditional Karate Seminar Gasshuku 2014
International Summer Camp
August 12-17, 2014 – Stara Wieś, Poland

MEAL TIMETABLE*

Breakfast: 7:30 – 8:30 a.m.

Lunch: 12:15 – 1:45 p.m.

Supper: 5:30 – 7:00 p.m.

Remark:

**On the day of arrival (12 Aug.)
supper will be served on 7:00-9:00 p.m.**

** This information is for participants who purchased meals at the centre.*