



# 3<sup>rd</sup> SIM

The SIM (Shotokai International Meeting) is an international meeting for practitioners and instructors of Shotokai. It is a time for exchange and sharing of ideas between the different schools present, with participants coming from different countries.

After Lisbon, then London, the third SIM will be held in:

## Paris, on Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> July 2010

During the SIM 2010 in Paris, there will be training sessions and discussions

**Training sessions:** Adult participants will be divided into small groups of 25 practitioners.

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| <p><u>On the Saturday</u>, after the administrative formalities from 8.30 a.m. to 9.00, up until 5.15 p.m., there will be:</p> <ul style="list-style-type: none"> <li>- a group warm up</li> <li>- five sessions of an hour each in small groups</li> <li>- a time for stretching at the end of the afternoon</li> <li>- a 90 minute lunch break</li> </ul> | <p><u>On the Sunday morning from 9.15 to 12.30</u></p> <ul style="list-style-type: none"> <li>- a group warm up</li> <li>- two sessions of one hour each in small groups</li> <li>- the SIM closing ceremony</li> </ul> |
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For each group, several instructors from different Shotokai schools and from different countries will direct the sessions. The list of these instructors is being compiled and will be finalised as soon as possible on the SIM 2010 Paris web site.

**Children:** They will be in a specific group with lighter hours (see web site).

**Place:** Training sessions will be held at the Louis Lumière gymnasium, 30 Louis Lumière, 75020 Paris.

**Saturday Evening:**

From 7 p.m. – An enjoyable meal open to all karate members and their guests.

From 8.30 p.m. – A time for discussion around the practising and teaching of Karaté-Do Shotokai, and also time to choose who will organise the next SIM event.

**Note: if required the programme may be adjusted on the day.**

**Cost to sign up to participate before 31/12/2009:**

| Adults      |             | Children    |             |
|-------------|-------------|-------------|-------------|
| From abroad | From France | From abroad | From France |
| 35 Euros    | 50 Euros    | Free        | 25 Euros    |

For those who sign up after the 31/12/2009 or for complete packages (including the Saturday evening meal and/or accommodation) other prices will be on the SIM 2010 Paris web site.

**Accommodation:** On the SIM 2010 Paris web site, you will find information concerning different possibilities for accommodation. In particular, the organisers can offer reduced rates, but the number of places available is limited, and so only the first people who sign up are certain to benefit from this service.

**Signing up information**, and other further information is available on the SIM 2010 Paris web site: <http://simparis2010.perso.neuf.fr/index.html>

In case of need here is an e-mail contact: [SIM.2010PARIS@gmail.com](mailto:SIM.2010PARIS@gmail.com)

**To help us organise everything efficiently, please sign up to participate as soon as possible.**