**1ER CURSO NACIONAL** 

 **DE MUÑECOS 2018**

 **Formulario de Inscripción**

**(WEB: EN COSTRUC.)**

**(1st National Curse of Dummies)**

 **(*Inscription Form*)**



|  |  |  |
| --- | --- | --- |
|  | **FOTO** | **INFORMACIÓN PERSONAL/*Personal Information***Proporcione su información personal para completar su registro en el evento que se llevará a cabo en Barcelona en diciembre de 2018*Add your personal information to complete the registration to the event that will take place in Barcelona during December 2018* |
|  |  |  |  |
|  | **NOMBRE/*name*:**  | **APELLIDO:/*surname***  |
|  |  |  |
|  | **FECHA DE NACIMIENTO/*date of birth*:**  |
|  |  |
|  | **DIRECCIÓN/*address*:**  |
|  |  |
|  | **NACIONALIDAD/*nationality*** |
|  |
| **TELÉFONO/*telephone*:**  | **E-MAIL:**  |

**INSTRUCCIONES/*Instructions*:**

***1-REMITIR LA HOJA DE INSCRIPCIÓN CUMPLIMENTADA A SIFU E. MARTÍNEZ (genimartinezwst@hotmail.com) Y EN C.C. A Dr. M. Turbau (XXXX)***

***[Send this inscription form to Sifu E. Martinez (genimartinezwst@hotmail.com) y en c.c. a HSK Dr. M. Turbau (migueltv@hotmail.com)]***

***2-COSTE DEL CURSO: 75 EUROS QUE SE ABONARÁ EN EL CENTRO***

***[The cost of the curse is of 75 Eu to be paid at hand the day of curse starting]***

***3-LUGAR DEL CURSO/Place where the Curse will: Gimnasio Ten Wan: C/ Jocs Florals, 173 Barcelona (Tel. 931.489.824/633.152.405; https://www.hsktenwan.com)***

***4-INFORMACIONES ADICIÓNALES/Additional Informations:***

***Oficina WST de España: Tel. 0034 617715139; 0034 633152405; email: genimartinezwst@hotmail.com***

**PROGRAMA DEL CURSO/*Curse Program***

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  | **Viernes 14** **(*Friday*)** | **Sabado 15** **(*Saturday*)** | **Domingo 16****(*Sunday*)** |
|  |  |  |  |
|  |  | **9:00 a 13 H** | **9:00 a 14 H** |
|  |  |  |  |
|  |  | Entreno de(*Training of*) | REPASO |
|  |  |  |  |
|  |  | Sha-Ba-Jong (3 sacos) | DE |
| **MAÑANA*****(Morning)*** |  | (*3 bags*) |  |
|  |  | Ching-Jong | TODO |
|  |  |  |  |
|  |  | Kwang-Jong 1/4 de forma(*1/4 of the Form*) | *(Refreshing all contents)* |
|  |  |  |  |
|  |  | (Palos) |  |
|  |  | (*Sticks*) |  |
|  |  |  |  |
|  | **18:00 a 20:30 H** | **16:00 a 20 H** |  |
|  |  |  |  |
|  | Revisión de | Entreno de |  |
|  | (*Refreshing of*) | (*Training of*) |  |
|  | Sha-Ba-Jong (1 saco) | Kwang-Jong 1/4 de forma |  |
|  | (*1 bag*) |  |  |
| **TARDE*****(Evening)*** | Sha-Ba-Jong (3 sacos)(*3 bags*) | (Palos)(*Sticks*) |  |
|  |  |  |  |
|  | Ching-Jong | Soy sow jong 1/4 de forma |  |
|  |  |  |  |
|  | Teoría del Choy Lee Fut | (muñeco rompe codos) |  |
|  | y Jongs | (*dummy “breaking elbows*) |  |
|  |  |  |  |

**LISTA DE HOTELES CERCANOS/*List of close-by Hotels*:**

Hotel Name: Hostal Sans

Address: Antoni de Capmany, 82, Sants-Montjuïc, 08014 Barcelona, Spain

Booking.com link: <https://booki.ng/2Pm2pH9>

Direct website: [www.hostalsans.com](http://www.hostalsans.com)

Phone number: +34 933 313 700

Average Price per Person per Night: 49 euros

Hotel Name: Hostal Nova Barcelona

Address: Rambla Badal 65, 1ºB, Sants-Montjuïc, 08014 Barcelona, Spain

Booking.com link: <https://booki.ng/2Jm3GbF>

Direct website: not found

Phone number: +34 935 27 12 71

Average Price per Person per Night: 40 euros

Hotel Name: SmartRoom Barcelona

Addrress: Olzinelles 56-58, Sants-Montjuïc, 08014 Barcellona, Spagna

Booking.com link: <https://booki.ng/2ObH5PZ>

Direct website: <https://www.smartroombarcelona.com/es/>

Phone number: +(34) 644 951 248

Average Price per Person per Night: 37 euros

Hotel Name: Aparthotel Bcn Montjuic

Address: San Fructuoso, 64-74, Sants-Montjuïc, 08004 Barcelona, Spain

Booking.com link: <https://booki.ng/2z8vZpl>

Direct website: https://hotelbcnmontjuic.com/

Phone number: +34 935 035 650

Average price per person per Night: 40 euros

Hotel Name: Hotel Acta Azul Barcelona

Address: Gran Via de Les Corts Catalanes, 327, Sants-Montjuïc, 08014 Barcelona, Spain

Booking.com link: <https://booki.ng/2RjQmar>

Direct website: <https://www.hotel-azulbarcelona.com/>

Phone number: +34 934 255 161

Average Price per Person per Night: 45 euros

Hotel Name: Onix Fira

Address: Llançà, 30, Eixample, 08015 Barcelona, Spain

Booking.com link: <https://booki.ng/2RpNysH>

Direct website: <https://onixhotels.com/en/onixfira/>

Phone number: +34 93 303 41 54

Average Price per Person per Night: 43 euros

Hotel Name: Hotel SB Plaza Europa

Address: Carrer de les Ciencies 11-13, 08908 Hospitalet de Llobregat, Spain

Booking.com link: <https://booki.ng/2CKidwu>

Direct website: <https://www.hotelsbplazaeuropa.com/>

Phone number: +34 935 030 000

Average Price per Person per Night: 100 euros

Hotel Name: Classy Bcn (apartment)

Address: Carrer de Pavia 45, 3º 2º, Sants-Montjuïc, 08028 Barcelona, Spain

Booking.com link: <https://booki.ng/2SpMshM>

Direct website: not found

Phone number: not found

Average price per person per night: 40 euros

Hotel Name: Feelathome Plaza Apartments

Address: Vilardell, 16, Sants-Montjuïc, 08014 Barcelona, Spain

Booking.com link: <https://booki.ng/2SnPi6K>

Direct Website: <https://www.feelathomeapartments.com/>

Phone number: +34 93 539 79 92

Average Price per Person Per Night: 43 euros

Hotel Name: Live & Dream

Address: Rossend Arús, 23, Sants-Montjuïc, 08014 Barcelona, Spain

Booking.com link: <https://booki.ng/2qeNEre>

Direct website: <http://www.liveanddream.com/>

Phone number: +34 93 332 91 28

Average Price per Person per Night: 35 euros

**RESTORANTES/Restaurants**

Restaurant name: Restaurante La Tagliatella

Address: Gran Via de les Corts Catalanes, 149, Barcelona

Website: <https://www.latagliatella.es/restaurantes/barcelona/gran-corts-149-barcelona>

Phone number: +34 934 31 51 56

Style: Pizza, Italian

Price Rating: formal dining

Restaurant name: Devil's Kitchen

Address: Carrer de la Bordeta, 52, 08014 Barcelona, Spain

Website: http://www.devilskitchen.es

Phone number:+34 935 11 72 97

Style: German

Price Rating: casual, sit-down service

Restaurant name: La Caleta de Sants

Address: Carrer de la Bordeta, 54, 08014 Barcelona, Spain

Website: http://www.lacaletadesants.com

Phone number: +34 930 09 37 13

Style: Caribbean, Latin, Venezuelan

Price Rating: casual, sit-down service

Restaurant Name: Santa Ceviche

Address: Carrer d'Hostafrancs de Sio, 11, 08014 Barcelona, Spain

Website: https://santaceviche.wordpress.com

Phone number: +34 932 69 61 48

Style: Peruvian, Latin, South American

Price Rating: casual, sit-down service

Restaurant name: Forno D'Oro

Address: Gran Via de les Corts Catalanes, 295, 08014 Barcelona, Spain

Website: not found

Phone number: +34 930 13 87 85

Style: Italian, Pizza

Price Rating: fast food, self service

Restaurant name: Stromboli Gastrobar

Address: C/ Aliga, 25, 08014 Barcelona, Spain

Website: https://strombolibcn.com

Phone number: +34 665 22 11 50

Style: International, Healthy, Fast food

Price Rating: fast food, self service

Restaurant Name: O'novo Chispa

Address: Carretera De La Bordeta, 26, 08014 Barcelona, Spain

Website: not found

Phone number: +34 932 69 33 18

Style: Galician, Spanish

Price Rating: most expensive, special occasion

Restaurant Name: La Campana

Address: Carrer Vilardell 30, 08014 Barcelona, Spain

Website: not found

Phone Number: +34 934 31 96 09

Style: Mediterranean, European, Spanish

Price Rating: casual, sit-down service

Restaurant Name: Restaurante Kikiriki

Address: Gran Via de les Corts Catalanes 335, 08014 Barcelona, Spain

Website: not found

Phone number: +34 934 25 26 50

Style: European, Spanish, Mediterranean

Price Rating: casual, sit-down service

Restaurant Name: Sakura Y

Address: Carrer d'Olzinelles, 14, 08014 Barcelona

Website: not found

Phone number: +34 931 42 87 47

Style: Japanese

Price Rating: Cozy, informal