



1st international *Épée* Training Camp of the LEVAVASSEUR *Épée* from SHANGHAI

From 02 to 16 AUGUST 2019

TRAINEESHIP:

This course is dedicated to fencers aged **18 year** and above who wish to prepare their national and international season

TECHNICAL SUPERVISION:

This internship will be supervised by fencing Masters, graduated from the French School



Academie LEVAVASSEUR *Épée*
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Website: <https://levaepee.com>

Wechat:



It is in this high-class fencing hall, that 9 equipped pistes are available for assault sessions.

Equipped with the most modern bodybuilding and cardiotraining equipment, the fitness room guarantees a perfect physical condition.

Program:

Workouts

Directed and thematic assaults

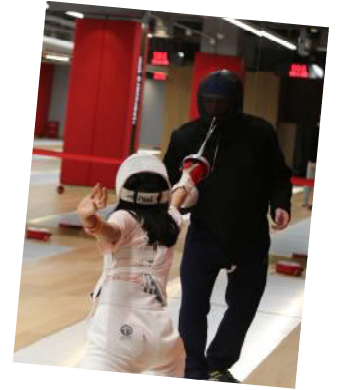
Improvement of Fundamentals

Physical preparation sessions

Video analysis



Highlights:
National Event
Individual lessons



DISCOVERY



TRADITIONAL CHINESE MEDICINE

Discover the benefits of Traditional Chinese Medicine with the most famous masseur in Shanghai, optionable by the trainees



INITIATION COURSE IN CHINESE

Chinese classes will be organized within the Academy.

4 hours spread over the entire stay, which will be more than fun by making everyone able to order dishes in the restaurant



CHINESE FOOD

Culinary and cultural discovery of the art of the chopsticks.

Charming restaurants and trendy bars are ready to be explored, while street food also won't let you down with just a few yuan for a satisfying lunch

Extra:
Shanghai Tour, Initiation to Chinese Language, Cultural Immersion Day

An internship in a unique place, an exceptional setting!

Rate:

**14 days full board
(Visa and travel not included)**

1380€

**registration before June 30, 2019
(payment in three installments possible)**



Accommodation

**Jl Hotel Shanghai
Zhaojiabang Road**

Walking distance from the district of former french concession, one of the most charming as well as historical area of the city

Room for 2 people
14 nights
Breakfast included

Adress

No.221 Zhaojiabang Road, Xuhui,
200032 Shanghai, China