

Herzogenhorn Training Centre

Please don't forget	
Shower gel & Hand soap	Please bring your own.
Hairdryer	Please bring your own if required.
Kobudo weapons (as required)	2 tanbo, 2 tonfa, 2 sai, 2 kama, 1 tanto (to be carried in the aircraft hold, not in hand luggage)
Tai Chi weapons (as required)	Fan, sword (a telescopic sword is well suited for air travellers)
Towels	Changed daily from Monday to Friday after breakfast.
WhatsApp group	Photos etc. from the course can be uploaded here.
Room allocation from Sunday, 2 August	Room allocation on the day of arrival is available from 4 pm . Arrival is possible from 7 am. If, contrary to expectations, there is a problem with your room, please report it to reception on the day of your arrival!
Meals (buffet)	Breakfast 08:00 – 09:00 Lunch 12:00 pm – 1:00 pm Dinner 6.00 pm – 7.00 pm Specific dietary requirements (allergies, vegetarian, etc.) should be indicated on the registration form. Upon arrival, these can be discussed separately with the kitchen.
Drinks + Snacks	Drinks and snacks can be purchased at the bar between 08:00 and 20:00 . A corkage fee will be charged for drinks brought from home. After 8 pm , drinks and other items are available from vending machines. Please record your purchases in the register and pay for them at breakfast.
Fruit	Available free of charge in the restaurant.
Spring water / Free	Is provided on the table during meals and can be filled into your own water bottles at the bar.
Payment options	Cash Debit card / Maestro Mastercard / from 10 EUR Visa / from 10 EUR
Quiet hours	In the interests of all guests, please observe the quiet hours from 10.00 pm to 7.00 am .
NO mobile phone reception	Accommodation is in the "wilderness"
Wi-Fi password	A Wi-Fi access code can be purchased at the counter for €6 per week. One code is required per device code is required.
Sauna	Use of the sauna must be booked at the reception desk at least 1 hour in advance, as the sauna requires time to heat up. The sauna is heated for 3 hours; the cost is €40. The fee must be paid at the reception desk upon booking or can be added to the final bill.
Room check-out on the day of departure Saturday 8 August	Rooms must be vacated by 10:00 am on the day of departure. Please remove the bed linen and place it together with the towels outside the respective room door in the corridor.
Return of keys on 8 August	At the offices of Butokukai Germany
Lost keys	€150