



## 8<sup>th</sup> Winter Camp of DKO

**Friday, 10.02.2012, 20:00 –  
Sunday, 12.02.2012, 13:00.**

After the big success in 2010, with the international well known fighters Sensei Muzaffer Bacak and Sensei Valeri Dimtrov and also a tremendous camp in 2011 with Shihan Kenji Midori, the Winter Camp of German WKO Organization is still going forward.

**In 2012, Sensei Muzaffer Bacak** and  
**Sempai Roman Nesterenko** are attending  
**this great event!!!**

**Instructors:**

**Shihan Wolfgang Pech, 5. DAN (CR, Branch Chief Germany)**

**Sensei Christoph Wortmann, 4. DAN (Germany)**

**Sensei Roman Reznik, 4. DAN (Branch Chief Russia)**

**Sensei Muzaffer Bacak, 3. DAN (Germany)**

**Sempai Roman Nesterenko, 2. DAN (Russia)**

**M. Bacak/his record:**

- manifold national and international Tournament winner
- European Champion 1997 + 2003, middleweight
- Runner up World Open Championships 1999
- 6<sup>th</sup> place World Open Championships 2003
- 2<sup>nd</sup> place World Cup 1997, middleweight
- 4<sup>th</sup> place World Cup 2001, middleweight and more...

**R. Nesterenko/his record:**

- World Cup Winner 2009, middleweight
- 3<sup>rd</sup> place World Open Championships 2011
- 4<sup>th</sup> place World Open Championships 2007
- Winner Russian Open 2006 u. 2010 and many, many more...

**The Camp**

The 8<sup>th</sup> Winter Camp in Germany, is going to be a camp, you will never forget. Places are limited – take yours as soon as possible!!! Depending on a low rate of accommodation, we have to give the places in order to signing up date!

**Time and place**

The Winter Camp **2012** will take place in the beautiful surrounding of Lam/Bavarian Forest. The camp will start on **friday 12<sup>th</sup> of February 2012 at 20.00 hrs and will end sunday 12<sup>th</sup> of February 2012 at lunchtime.**

## Accommodation

The participants will be accommodated in two-bed rooms, within a six-bed apartment in a large modern youth hostel (tv-rooms, fitness, table-tennis etc.)

### Kolpinghotel Lambach, Lambach 1, 93462 Lam



[www.familienhotel-lambach.de](http://www.familienhotel-lambach.de)



[www.osser.de](http://www.osser.de)

## Practice

There will be all kinds of Kyokushin Karate practice, Kihon, Kata, and Kumite. The practice will take place indoor as well as outdoor. The intensive training will give all participants a great advantage and can be compared with several weeks of normal karate practice. Furthermore, there will be special practice and events - something that will only take place on a winter camp. There will be also an extra training for fighters again.

## Food

The Winter Camp fee includes all meals from dinner on Friday up to lunch on Sunday. Beverages are not included. The food within this hotel, is one of the best, you ever take. 😊

## Everybody can participate

Participants from 13 years old can participate regardless of their rank (children below the age of eighteen must have their parents' acceptance in order to participate). You will all benefit from the camp irrespective of rank, as the program is arranged in such a way that everyone can participate. A great deal of training will take place in groups according to rank, and each group will have its own instructor.

## Further information

After or before the wintercamp you can also have a skiing holiday at the areas of the national park of Bavarian Forest. You can also train Kyokushin Karate at this time. Our new Dojo is not to far from Lam. ;-)

## Organizer

The Winter Camp will be organized on behalf of Deutsche Kyokushinkai Organisation (DKO, member of EKO and WKO), by TOKON DOJO Bad Kötzing.

Participants have to organize their own insurance. The organizer rejects any responsibility in case of injury.

**Further information: +49 175 4 63 02 02 or +49 99 41 94 95 59,**

**email: [kyokushinkai@email.de](mailto:kyokushinkai@email.de)**

Arrivals: [www.familienhotel-lambach.de](http://www.familienhotel-lambach.de)

**Signing up!!!**

**The Winter Camp fee is only 115 Euro!!!**

You sign up on [kyokushinkai@email.de](mailto:kyokushinkai@email.de) or [ulhub@web.de](mailto:ulhub@web.de)

**No later than 06.01.2012!!!**

The fee is only 115 Euros which is to be paid, when signing up. **This amount covers stay, practice and meals.** *Please remember: Depending on our guest instructor(s) the places are really out very fast!!! We will give the rooms in order of the applications!!! So please, do not wait till deadline. ;-)*

The signing up is binding. In case you should get ill, please contact us by email or by phone as soon as possible – not later than Monday before the camp. Later cancellation will cost 70 Euro.

If you are under the age of eighteen, you have to obtain your parents' acceptance for participation, and they have to sign the enrolment form as well.

**Bank account (fee has to be pay, when signing up):**

Oyama Karate Bad Kötzing e. V. (OKBK)  
IBAN: DE 72750690810100025410  
BIC: GENODEF1KTZ  
„Wintercamp 2012“

## Winter Camp Shirt

This year, we will have a special t-shirt/sweat-shirt. If anyone is interested in a shirt, please feel free to order one – we will produce some shirts for you. No matter. ;-). Deadline 31.12.2011!!! You should pay the shirt at arrival day – please note this. No payment together with the camp-fee! ;-)

## Equipment

You should have at least:

- 1-2 dogis incl. belt
- shin bone/fist protection
- track suit
- 2-3 sweat shirts/t-shirts
- **running shoes and trekking shoes, a small backpack**
- socks
- warm underwear
- towels
- warm jacket for outdoor training
- vitamin C/mineral drinks
- EKO passport and stamp
- **It is also important to bring cap and gloves, as part of the practice will take place outdoors.**

Contact:

Sempai **Uli Huber, Hagerstr. 9, 93444 Bad Kötzting**

+49 175 4 63 02 02,  
email: [kyokushinkai@email.de](mailto:kyokushinkai@email.de)

See you 2012 in Bavaria!

Sempai Uli Huber, Organizer

**OSU!**

[https://fotoalbum.web.de/gast/ulhub/Winter\\_Camp\\_Germany\\_2008](https://fotoalbum.web.de/gast/ulhub/Winter_Camp_Germany_2008)

[https://fotoalbum.web.de/gast/ulhub/Winter\\_Camp\\_2010](https://fotoalbum.web.de/gast/ulhub/Winter_Camp_2010)

[https://fotoalbum.web.de/gast/ulhub/Winter\\_Camp\\_2010\\_Teil\\_2](https://fotoalbum.web.de/gast/ulhub/Winter_Camp_2010_Teil_2)

[https://fotoalbum.web.de/gast/ulhub/Winter\\_Camp\\_2011](https://fotoalbum.web.de/gast/ulhub/Winter_Camp_2011)

[https://fotoalbum.web.de/gast/ulhub/Winter\\_Camp\\_2011\\_Teil\\_2](https://fotoalbum.web.de/gast/ulhub/Winter_Camp_2011_Teil_2)

## Application form German Winter Camp 2012

Name:.....Age:.....

Address:.....

Club:.....

Date and signature:.....

E.g. parents signature:.....

### Interested to have a...

#### T-Shirt (23€)

Size            S        M        L        XL        XXL

#### Sweat (32€)

Size            S        M        L        XL        XXL

