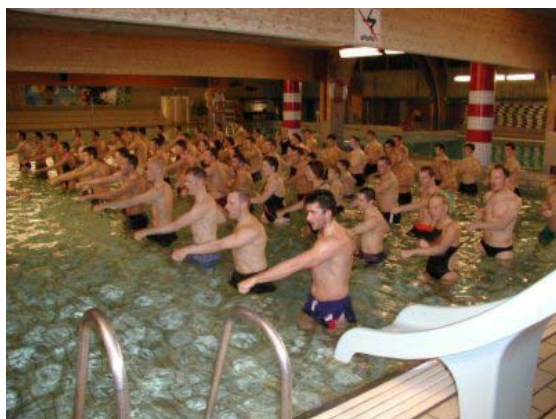


DANISH WINTER CAMP

26-28 JANUARY 2007

All grades can participate

Lots of karate practice - New techniques - Special practice



For more information email: WinterCamp@kyokushin.dk

**Instructors with national and international experience
in both fighting and kata:**

Shihan Jan Bülow 5. dan

Sensei Jesper Trier 4. dan

Sensei Erik Sigvaldason 4. dan

Sensei Mads Friis 4. dan

Sensei Julian Leander 3. dan

Sensei Kim Schumacher 3. dan

Sensei Luc Vandercraen 3. dan (Belgium)

Why participate ?

The Winter Camp is an important part of ones further development as a karateka. On a winter camp, you only think about and practice karate day and night. Therefore, you will have the opportunity to improve your technical abilities as well as obtaining a better understanding of Kyokushinkai Karate. Participation on a winter camp is also part of the graduation demand for the higher grades. Winter Camp is more than basic practice. There is also cosy social gathering, where you can get to know one another and make new friends. You will meet and practice together with other karatekas from other clubs. Join the camp and experience new positive sides of yourself that you probably did not think existed – just ask an experienced winter camp participant.

Time and place

The Winter Camp will again this year take place in the beautiful surroundings at Kalundborg. The camp starts Friday the 26th of January at 19.00 hrs and ends Sunday the 28th of January in the afternoon.

Accommodation

The participants will be accommodated in four-bed rooms in a large modern youth hostel that has a variety of facilities, such as TV-room, table tennis- and billiard rooms.

The address is:

*Kalundborg Vandrerhjem, Stadion Allé 5, 4400 Kalundborg.
Tlf. +45 5956 1366.*



<http://www.kalundborg-vandrerhjem.dk/>

Practice

There will be plenty of karate practice. Basic, kata, and fighting practice. The practice will take place indoors as well as outdoors. The intensive practice will give all participants a good push forward which can be compared to several weeks of normal karate practice. Furthermore, there will be special practice and events - something that will only take place on a winter camp.

Food

The Winter Camp amount covers all meals except for Friday evening. (Remember to bring a packed lunch for the first evening). Beverages are not included, but Ice water will be served for all meals.

Everybody can participate

Participants over the age of fourteen 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 programme is arranged in such a way that everyone can participate. A great deal of the practice will take place in groups according to rank, and each group will have its own instructor.

Organiser

The Winter Camp is organised on behalf of the Danish Kyokushin-Karate Organisation, by the Karate-club Kyokushinkai Copenhagen, Glentevej 70 A, 2400 Copenhagen NV. Telephone No.: +45 3819 4050 Email: glentevej@kyokushin.dk. The reception opening hours are: Monday and Thursday from 17.00 hrs to 20.00 hrs. Please call us for further information.

Winter Camp T-shirt

A special Winter Camp T-shirt will be made this year. A special Winter Camp logo will be imprinted on the T-shirt, which is new for each Winter Camp. Please place your order for the T-shirt when signing up for the camp. The T-shirt cannot be purchased on or after the camp. The price will be DKK 90.-.

Bring

You should at least bring:

- Bedding - no sleeping bag, but sheets, quilt- and pillow covers
- 1-2 dogies incl. belt
- Shin bone protection
- Track suit
- 2-3 sweat shirts/t-shirts
- Running shoes
- Indoor shoes for training
- Socks
- Warm underwear
- Towels
- Swim suit, as we have access to the swimming bath
- EKO pass port

It is also important to bring cap and gloves, as part of the practice will take place outdoors.

Signing up for Winter Camp

The Winter Camp fee is only DKK 880.-.

You sign up at the reception in your club, to your Instructor or in the Karate Club Kyokushinkai Copenhagen, Glentevej 70 A, 2400 Copenhagen NV, telephone +45 3819 4050 or on wintercamp@kyokushin.dk.

No later than Monday 08.01.2006. The fee is only DKK 880.- which is to be paid, when signing up. This amount covers stay, practice and meals.

The signing up is binding. In case you should get ill, please contact the reception on Glentevej personally and as soon as possible – and no later than Monday before the camp on telephone +45 3819 4050 or on wintercamp@kyokushin.dk. Cancellation past this day will cost DKK 200.-.

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.

Application form for Winter Camp

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

Address:.....

Club:.....

Date and signature:.....

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

T-shirt: Yes / No Size: S M L XL

Payment for the camp 880.- _____ T-shirts of DKK 90.- in all DKK _____

Camp and T-shirt: 130 Euro.

