

Info: kyokushinkai@email.de * +491754630202

05. - 07.02.2010
Germany
Lambach/Bayern

Kata
Kihon
Kumite
Special Training
Special Guest

Training with Friends

6th Kyokushin Winter Camp
DKO/EKO/WKO

Kyokushin - Training with FRIENDS!

6th Winter Camp of DKO

Time and place

The Winter Camp **2010** will take place in the beautiful surrounding of Lam/Bavarian Forest. The camp will start on **friday 5th of february at 20.00 hrs and will end sunday 07th of february 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



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.

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 at this time. Our new Dojo is not to far from lam. ;-)

Organizer

The Winter Camp will be organized on behalf of Deutsche Kyokushinkai Karate 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

Arrivals: www.familienhotel-lambach.de

Signing up!!!

The Winter Camp fee is only 90 Euro!!!

You sign up on kyokushinkai@email.de or ulhub@web.de

No later than 10.01.2010!!!

The fee is only 90 Euros which is to be paid, when signing up. This amount covers stay, practice and meals. *Please remember: Depending on our guest instructors 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 40 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 paid till 10.01.2009):

Oyama Karate Bad Kötzing e. V. (OKBK)
IBAN: DE28 7506 9081 0000 0254 10
BIC: GENODEF1KTZ
„Wintercamp 2010“

International participants can pay at arrival day. Please feel free to ask us!

Winter Camp shirt

Depending on high costs (ca. 23 Euro), it is not planned to have a special t-shirt. If anyone is interested in a shirt, please feel free to order one – we will produce some shirts for you. No matter. ;-). Deadline 31.12.2009!!!

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:

Uli Huber, Sportplatzstraße 10, 93485 Thenried

**+49 175 4 63 02 02 or +49 99 41 94 95 59,
email: kyokushinkai@email.de**

See you 2010 in Bavaria!

Uli Huber, Organizer

OSU!

[Winter Camp 2007](#)

[WinterCamp2008](#)

[WinterCamp2009](#)

Application form for German Winter Camp 2010

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

