

NKKO - Norwegian Kyokushin Karate Org.

Summer Camp at Moi from 27.June – 1.july 2018.



The annual open Kyokushin Summer Camp starts Wednesday at 19:00, and ends around 15:00 Sunday afternoon. All styles and organisations are welcome to participate and learn the true Kyokushin BUDO Way.

Dan and Kyu gradings will be conducted on Sunday.

We are very pleased to have the following instructors with us:

- Shihan Antonio Pinero 9th Dan (President WKF)
- Shihan Javier Lezcano 6th Dan
- Shihan Geir Havreberg 5th Dan
- Shihan Tom Sølve Erga 5th Dan
- Sensei Pablo Estensoro 4th Dan
- Sensei Gorm Øian 4th Dan
- Sensei Jarle Sundvor 4th Dan
- Sensei Geir Rune Tøge 3th Dan (President NKKO)

The National Teams in Fight and KATA will be at the camp lead by the National Coaches:

- Sensei Odd Kjetil Liland 3. Dan, Coach National Fight Team
- Sensei Roy Svendsen 3. Dan, Coach National KATA Team

Many categories will be covered during the Camp, here are some:

- Kihon (Basic)
- Fight (Technical/ Tactical)
- Kata (w/Applications)
- Self Defense
- Stretching / Massage

Accommodation :

Lundheim Folkehøgskole at Moi. (South part of Norway)

Bed's and madrassas are available, but please bring bed clothing or sleeping bag if possible.

(If you travel from far away, there will be possibilities to rent bedclothes at the school (NOK 100,-))

Meals:

Breakfast, Lunch and Dinner is all included in the price

Prices 2018:

NOK 2250,- Includes food/accommodation (Family rebates Kr 2100,- for fam.member 2, fam.member 3,4,5 Kr 1900,-)

Bank account: 3543 14 58215

To sign up for the camp, please visit the official **NKKO Website** www.nkko.no and use the WEB-FORM for registration. Alternatively, you could visit the Summer Camp Page at Facebook and use the registration form there...

Due-Date for the payment is set to 12. June.

Please mark your payment: «**NKKO Summer Camp, and the name of the one participant**»

Any questions could be addressed to the administrators of the camp coordinated by:

Senpai Frode S Robberstad 2. Dan, Cell: +47 913 80 360 | m@il: kyokushin.sommerleir@gmail.com

Welcome!

OSU!!!