



KWF NORWAY'S SUMMER CAMP INVITATION 23RD-26TH OF JUNE 2017

Push the buttons ↘

▶ INFO

Push the buttons



We have the pleasure to invite you to KWF summer camp in Egersund, from Friday June 23rd, to Monday 26th.

We will have great time and enjoy karate training in lovely surroundings and with top class instructors. Also this year we have the pleasure of having Shihan Antonio Pinero with 8. Dan from Spain with us. He is our president in Europe and we are glad to have him with us. He has great experience with summer camps and training seminars in Europe.

What makes KWF summer camp one of the absolute best in Europe? We think much comes from the joy and enthusiasm that the instructors share among themselves. The coaches train closely to practitioners and show mutual respect. As well as remarkable karate skills at all levels, we promise a

pleasant social environment, where we can guarantee that you will make many new friends and experiences.

The camp starts 5pm on Friday and ends with graduation for all degrees 9am on Monday. Dan grading takes place separately from kyu grading. The camp is located in Egersund, ca. 5 minute walk distance from the center.

The camp will be held at Husabø, Egersund. We will sleep at Husabø elementary school, and we use Egersund Hall and adjacent soccer fields as training venue.

Address of the school are:
Husabøveien 9, 4371 Egersund. Egersund karate club has offered to assist with transport from the station to the school.

▶ INSTRUCTORS

Push the buttons ↘

Here are some of the instructors you will get the pleasure to train with:



Shihan Loek Hollander 9.dan

Shihan Loek Hollander is the president of KWF and is a legend within Kyokushin karate. He trained directly under Sosai Oyama, and was considered Sosai's "son". He was one of the pioneers who helped build up our karate in Europe, Russia and the rest of the world. We are thrilled to have him with us on the camp.



Shihan Antoni Pinero 8.dan

We have the pleasure of having Shihan Antonio Pinero with 8. Dan from Spain with us. He is our president in Europe and we are glad to have him with us. He has great experience with summer camps and training seminars in Europe.



Shihan Fernando Perez 6.dan

Shihan Fernando Perez comes from Zaragoza in Spain. He is very technically skillful and has always created great talents in Spain. He is also responsible for judging all Europa and World championships hosted by EKF/KWF/KWU, and has written a book about our techniques.



Shihan Lars Hogquist
6.dan



Sensei Tommy Edvardsen
4.dan



Sensei Magne Kåstad
4.dan



Sensei Anders Frydenlund
3.dan



Sensei Hugo Mani
3.dan

▶ TUITION

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You will learn alot and we will among others teach the following:

- ▶ FIGHT
- ▶ SELF DEFENCE
- ▶ KATA
- ▶ SPORTS MASSAGE
- ▶ DIM MAK - ATTACK AGAINST NERVE POINTS
- ▶ APPLICATIONS ON KATA
- ▶ SELF DEFENCE FOR WOMEN
- ▶ AND A LOT MORE

▶ PRICE

Push the buttons 

The price for the camp is set to: NOK 1995,-
This includes food and accommodation.

The price for families are:

- Nr. 2 family member: NOK 1800,-
- Nr. 3 and 4. family member: NOK 1700,-

For those who live in northern Norway the price is: NOK 1800,-
- Nr. 2 and 3. etc. family member: NOK 1600,-

You are registered when you transfer the amount to the named bank account. This way you secure your attendance. The payment shall be made as soon as possible and latest payment deadline is June 1st. For payments after that date you need to pay NOK 200,- in addition.

Send your payment to:

IBAN: NO5512040214745

BIC: DNBANOKKXXX

Egersund Kyokushin Karate club, Sandbakkveien 8, 4370 EGRERSUND.

▶ REGISTRATION

Push the buttons



This year we take the registrations electronically via form. Click on the link below and fill out. Should there be any questions regarding registration please contact our contact persons:

- Alf Aakre, tel +4793451978, email: egersundkyokushinkarateklubb@gmail.com
- Kjell Tore Vinningland, tel +4791301886, email: ktv@effectleadership.no

You are registered when you transfer the amount to the named bank account. This way you secure your attendance.

If problems: copy and paste the link into your browser:

<https://goo.gl/forms/3Mu4AwbXTuVeELd43>

▶ GRADING

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If you are going to grade, you need written permission from the club supervisor. By Dan grading you must have approval from Shihan Lars Høggquist.

Prices for grading is as follows:

10. kyu - 5.kyu: NOK 150, - excluding grading book for 10.kyu (200NOK)

4-3 kyu: NOK 200,-

2. kyu: NOK 300,-

1. kyu: NOK 500,-

1. Dan and upward: NOK 2900,-

PS: Remember 2 images by Dan grading. Write name and date of birth on the back of the picture.

▶ PACKING LIST

Push the buttons



Toiletries and extra towels

Graduation Card - KWF passport

Sneakers and overdrafts costume

Gloves-, leg-, chest- and mouth guard
+ susp

GI, preferably 2 pcs

Coach tape, adhesive plaster and ice packs
(recommended)

Indoor shoes

Sheets (everybody needs it over
their mattresses)

Swimwear and sunscreen

Sleeping bag/duvet and pillow

Note: we recommend that you bring air mattress or similar to lie on.

▶ PICTURES

Push the buttons



Join the "KWF Norway" on facebook to see more pictures!