



**NKKO - Norwegian Kyokushin Karate Organization
invites you to the Summer Camp at Moi in Norway
28th June to 2nd July 2017.**

Camp starts Wednesday at 19:00, and ends around 15:00 Sunday afternoon.

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

- Shihan Antonio Pinero 8th Dan, President EKF (European Kyokushin Federation)
- Shihan Javier Lezcano 5th Dan, World champion in KATA and several European fight titles.
- Sensei Pablo Estensoro 4th Dan, one of Europe's best fighters.

Head Instructors from NKKO:

- | | |
|--------------------------------|-------------------------------|
| • Sensei Geir Havreberg 4. Dan | Etne KK |
| • Sensei Tom Sølve Erga 4. Dan | Bryne KK |
| • Sensei Gorm Øian 4. Dan | Lørenskog KK |
| • Sensei Jarle Sundvor 4. Dan | Gandsfjord KK |
| • Sensei Geir Rune Tøge 3. Dan | Lørenskog KK (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

Following categories will be covered during the Camp.

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|------------------------------|-------------------------|----------------|
| • Kihon (Basic) | • Kata (w/applications) | • Self defense |
| • Fight (Technical/Tactical) | • Stretching / Massage | |

Accommodation will be at **Lundheim Folkehøgskole** at Moi. (South part of Norway)
Beds 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:

- Adult (above 18years) kr. 2195,-
- Youth (13-17years) kr. 1950,-
- Children (7-12) kr. 1600,-

To sign up for the camp, please visit the official NKKO Website 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 payment is set to **12. June**.

Bank account: **3543 14 58215**

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!!!