



» Norwegian Wintercamp in Etne 2017

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Welcome to the Kyokushin Wintercamp in Etne – Norway

26.-29. January 2017



OSU!!

Etne Kyokushin Karate Club hereby invites you to our annual Winter Camp in Etne –

Norway – 26-29. January 2016.

**This is the place to practice KYOKUSHIN KARATE,
its "TIME TO BE UNITED"**

The first session starts Thursday 26th, at 20:00 in our Kyokushin Dojo, the accommodation will also be there the first night. Friday we will move to our great "Skakkesenter" with great facilities for training. Accommodation will be at the local school close by.

Also this year we are so privileged to have our friend and great instructor **Shihan Javier Lezcano from Spain** and **Sensei Pablo Estensoro** with us. One of the absolute best Kyokushin instructors.

Head of instructions will be:

- Shihan Javier Lezcano 5th Dan (Spain)
- Sensei Pablo Estensoro 4th Dan (Spain)
- Sensei Geir Havreberg 4th Dan
- Sensei Tom Sølve Erga 4th Dan
- Sensei Geir Rune Tøge 3rd Dan (President NKKO)
- Sensei Odd-Kjetil Liland 3rd Dan (National Coach)
- ++ more will come

National Fighting Team:

The Norwegian National Fighting Team will be present and train at the camp. The National Coach Sensei Odd-Kjetil Liland 3rd Dan. will lead the sessions for the Fighters, and candidates (+ potential candidates)

Training:

There will be instruction in Basic/Kihon, Kata, Kumite/Fight at many levels, and some training theory and principles which is very important in Kyokushin karate.

Program:

- Thursday:
20:00 – 22:00
- Friday:
08:00 – 09:30
14:00 – 15:30
18.00 – 20.00
- Saturday:
07:00 – 08:30
11:00 – 12:30
15:00 – 16:30
- Sunday:
07:00 – 08:30
11:00 – 13:30

- **Accommodation:**

From Friday, everyone will be accommodated at the local School.

Its Classrooms, so please bring your own mattress or similar and a sleeping bag.

Prices 2017:

Instructions, accommodation and food:

NOK 1250,- pr. athlete.(approx. €137,-) (special prices for family members)

Club Directors bringing students with them to Etne are specially invited and will be offered the camp for free.

Rebates:

Fam.member #2 : NOK1100,- #3/4/5 NOK 1000,-

If you are joining as a Guardian/companion/parent and just need to stay&eat, price is : NOK800,-

If you want to just train and lives and eat somewhere else, price is: NOK 800,-

Payment:

NOK Cash at the camp, or payment in advance to our account : **3543.27.20045**

How to get to Etne?

Etne lies along the main road E134 (Haugesund – Oslo)

50min from Haugesund. Easy to reach by car, and public busses. (HaukeliExpressen)

If you arrive with plane to Haugesund Airport (Karmøy), we'll organize transportation for you.

OSU !!

ETNE KYOKUSHIN KARATE KLUBB

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