

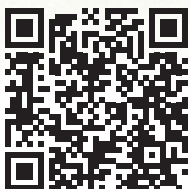
KWF NORWAY PRESENTS

SUMMERCAMP

27th to 30th June 2019



Come and train together with highly skilled karate instructors in beautiful surroundings at KWF Norway summer camp 2019!



Scan the QR-code with
Snapchat or QR-reader app
to register!



PRACTICAL INFORMATION

TIME, PLACE AND ACCOMMODATION

PLACE: This year, the summer camp takes place at «Rønningen folkehøgskole», and is located in Grefsenåsen in Oslo. The place makes it easy for most people to travel to, because Oslo is a natural gathering point and is easy to get to, both by plane and train.

The address is: Myrerskogveien 54, 0495 Oslo. Information about transport to the school can be found on the school's website:

<https://ronningen.fhs.no/om-skolen/kollektivtransport.aspx>

TIME: The camp starts on Thursday 27 June and lasts until Sunday 30 June. More information is coming!

ACCOMMODATION: The accommodation will be at the school. You will be given rooms when you arrive. You don't have to bring your mattress, sleeping bag or sheet - the school has it all!

PRICE AND PAYMENT

The price of this year's camp is as follows:

- Participant: 2395 NOK
- Family member no. 3 and up: 2245 NOK
- Parents who are with their children (food and accommodation): 1800 NOK per person
- Instructor / club leader: Free

The payment must be made as soon as possible and the latest payment deadline is 1 June. If payment is made after this date, NOK 200 will be added as well.

To ensure your registration you must pay the camp fee. If you want to pay directly to your club, contact them. If you want to pay yourself, use this payment information:

Bank account number: [1503 73 33007](#)

Must be marked with «summer camp 2019»

For payments outside Norway:

IBAN: NO4215037333007

BIC: DNBANOKKXXX

PRACTICAL INFORMATION

REGISTRATION

This year, the registration will take place directly from our website. You will find “sign up” on the front page or under the page called «sommerleir» You can also scan the QR-code below with Snapchat or a QR reader app, or use the link:

<https://www.kwfnorge.com/events/sommerleir-2019>



PACKING LIST

- Toiletries and extra towels
- Sneakers and overdrafts costume
- GI, preferably 2 pcs
- Indoor shoes
- Swimwear and sunscreen
- Graduation Card - KWF passport
- Gloves-, leg-, chest- and mouth guard + susp
- Coach tape, adhesive plaster and ice packs (recommended)

QUESTIONS?

If you have any questions, don't be afraid to ask us! You can ask us questions directly on our facebook page: KWF Norge.

Contact persons for summer camp:
Tommy Edvardsen, ftedvard@gmail.com

Questions about the website, technical issues regarding registration or the like:
ruthtonje@hotmail.com, or directly to our facebook page.

INSTRUCTORS



SHIHAN LOEK HOLLANDER

10.dan

Shihan Loek Hollander is the Honorary 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.



SHIHAN FERNANDO PEREZ

6.dan

Shihan Fernando Perez is from Zaragoza, Spain. He is extremely technically skilled and has created many super talents in Spain. He is always responsible for the judging panel during all the World Championships and European Championships organized by EKF / KWF / KWU.



SHIHAN PAUL LORIST

5.dan

Shihan Paul Lorist is from the Netherlands and started practicing karate at the age of only 12 years old! He has a great talent in karate and is a recognized teacher in martial arts. In addition to the activities in his own gym, he is active for the Dutch Karate Kyokushin Kai Organization (NKKO).



SHIHAN LARS HØGQUIST

7.dan

Shihan Lars introduced Kyokushin to Norway in 1969. He is Norway's highest-grade Kyokushin practitioner (7th) and was one of 4 founders of the Kyokushin World Federation (KWF) and is still the Treasurer of the international organization.



SHIHAN TOMMY EDVARDSEN

5.dan

Shihan Tommy Edvardsen has trained karate since 1982 and is currently the president of KWF Norway. He has helped started up Alta, Vadsø, Kautokeino and Kvænangen karate club, and today he runs Alta karate club with 110 members. He is also on a project in Finnmark called Olympic top, which works to bring out the best coaches and athletes.

GRADING



If you are going to grade, you need written permission from the club supervisor. By Dan grading you must have approval from the Grading Committee in KWF Norway.

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.