



Invitation

Winter camp 2023

Purpose: pre-season camp focused on mainly sparring and partner drills as well as general physical preparation.

Dates: 2-8th of January 2023.

Location: Brynäs kyokushins dojo. Upplandsgatan 19, 802 83 Gävle Sweden (ca 170 km north of Stockholm).

Cost: the camp is free, but participants have to arrange for their own lunch and dinner. A simple breakfast is provided by the organizers.

Accommodation: you may sleep in the dojo for free. Bring your own sleeping bag, pillow and mattress. There is also hotels in the area.

Schedule: 3 trainings/day, rest day 5th of January. Detailed schedule will be released later.

Equipment: 1-2 sets of protection for sparring, training clothes for indoor and outdoor training, running shoes.

Registration: via email: teamrosin1@gmail.com or DM to Jonas either on FB or Instagram. Limited to only 30 places!

Travel: All travel costs have to be covered by the participants themselves, the organizers will be able to pick you up in Gävle. The closest airport is Arlanda ca 140km south of Gävle. There are regular train and bus connections between Gävle and Arlanda.

Best regards

Jonas Rosin

Team Rosin/IFK Sweden

