

Sweden Kyokushin Union



Summer Camp 2010 5-8 August



Sweden international kyokushin summercamp will take place in Hedesunda 200 kilometers north of stockholm in the beautiful nature of Sweden. The camp will cover all of the kyokushin aspects. This year we will also be visited by the popular instructor Shihan Hasegawa. The camp fee is 180 euro or 1800 sek which includes accomodation, food and hard training

The camp fee must be payed at the latest the 30 of june please note that there is a maximum limit of 80 students so to be sure of a place sign up as soon as possible.

Pay the camp fee to (skandinavian students) bankgiro 233-7434 Mark the payment 'summer camp 2010' students from rest of the world may pay at the camp there is a possibility for examination, if you are interested please contact Sensei Robert Wiklund

www.wiklunddojo.se

Mobile 0046 704 996299

Email wiklunddojo@hotmail.com



The camp will cover all of the Kyokushin aspects.

Thursday:

Arrive in camp 16.00.
Training 18.00 - 19.30.
Dinner.

Friday:

6.00 - 7.30 Training.
8.00 Breakfast.
10.00 - 11.45 Training.
12.15 - Lunch
14.00 - 16.30 Training.
17.00 Dinner.
19.00 - 20.00 Blackbelt
Classes only (kata training
for examination).

Saturday:

6.00 - 7.30 Training.
8.00 Breakfast.
10.00 - 11.45 Training.
12.15 Lunch.
14.00 - 16.30 Training.
17.00 Dinner.
19.00 - 21.00
Examination for Kyu and
Dan grades Kata and
basics.

Sunday: 7.30 Breakfast.

9.00 -16.00 kumite test
for people going for ex-
amination.
People going for Shodan
Nidan end Sandan



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