

EASTER CAMP

3 - 5 of April in Östersund, SWEDEN.



Come, practice, learn and have a lot of good fun in our new dojo.

WE ARE BACK!

After the pandemic and other things, we are now back again. This is the 39th Easter Camp in Östersund. A long tradition for Kyokushin Karate in Sweden and now even for Scandinavia. We have had students and teachers from Denmark, Norway, Baltic States, USA and even Japan as our guests. Shihan Nygren and myself never expected that when the Camp started so long time ago. But with well known Shihan Collins with us it all started to grow. We are now once again prepared to host you and enjoy Kyokushin Karate when it is as its best.

Introducing

Shihan Howard Collins
8 Dan

Shihan Håkan Nygren
7 Dan

Shihan Michael Söderkvist
7 Dan

Detailed schedule will be presented at the Camp. From the contents: The spirit, Your limit, To remember and much more.

Location: Akademigatan 7, Hus V, Östersund, Sweden.

Start: Friday 3 of April at 0930.

End: Sunday 5 of April at 1500.

*Welcome
Östersunds Budo Kai*



**Theme of the Camp
Hyakuren Jitoku**





WHAT TO KNOW

To bring

Dogi, preferable 2ps., towel, night stuff. Air-mattress and sleeping bag if you are staying in the dojo.

Food

We are offering a lunch option, tasty coffee and snacks. As we now are at a new location there are more options for food in the city. But as it is Easter we recommend you to choose the lunch offer. For those of you who sleep in the dojo you can use our refrigerators for breakfast/food.

Sleeping

Make your own reservation.

Alt 1: In the dojo. For free.

Alt 2: Hotel Emma +46-63-51 78 40. From 700 SKR/ person in double room with breakfast.

Alt 3: STF Vandrarhem Östersund/ Ledkryset. From 400 SKR, +46-63-103310.

Alt 4: Hotell Stortorget. From 675 SKR in double room. +46-63-100500

Alt 5: Clarion Hotel Grand Östersund. +46 63 55 60 00

All these hotel/hostels are in walking distant to the dojo.

Grading possibility

All grading participants: Bring your EKO/ Kyokushin pass and a permission from your instructor. Grading fee for examination is 150 SKR.

Workshop Sessions

Karate & Body Karate & Mind
 Karate & Spirit Karate & Waza
 Karate & Tradition

Friday 3 April

0930-1000 Gathering/ presentation.
 1000-1200 Kihon & Kata
 1200-1300 Lunch
 1300-1330 Camp photo
 1330-1430 Session
 1430-1500 Paus
 1500-1530 Theory Shihan Collins
 1530-1700 Session
 1730 Shodan shinsa/ Dan-grading

Saturday 4 April

0900-0945 Session
 1000-1200 Session
 1200-1300 Lunch
 1300-1330 Theory Shihan Söderkvist
 1330-1500 Session
 1500-1530 Pause
 1530-1630 Session
 1730 Shokyu shinsa/ Kyu-grading

Sunday 5 April

0900-1030 Session
 1030-1130 Lunch
 1130-1200 Theory Shihan Nygren
 1215-1330 Shinsa no kumite
 1330-1400 Result, ending



Enrolment

Register your participation now to Sensei Per Holmgren:

firebladeper@hotmail.com

Please make your choice in the enrolment:

A Name, club, grade **B** Dan/Kyu-grading. **C** Lunch option: 300 SKR/3 lunches

3 Days Easter Camp only 900 SKR

More information:

Shihan Söderkvist +46-70-860 07 87

Sensei Holmgren +46-70-600 84 33

PAY WITH SWISH 123 032 15 13

Attention: Enter your info as above.

Last day of enrolment:
 Sunday 29 March.

Instructors

SHIHAN COLLINS



Lived as Uchideshi in Honbu Dojo, made 100-nin kumite,

European Champion, All Japan runner up, author of books and video. Just outstanding!

SHIHAN NYGREN



Gave good leadership a face, 10 times Swedish

Champion, the coach of the coaches. Just humble!

SHIHAN SÖDERKVIST



All Japan best six, never ending his search for new ways and the use of old once. Just spirit!