

NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMER CAMP JULY 8th - 13th 2006

SHIHAN MORI SUGANUMA SENSEI 8. DAN AIKIKAI (July 12 - 13)

is the Head of Aikikai in Western Japan, IAF Technical Council member and Director of the All Japan Aikido Federation.
He started Aikido in 1963 and was one of the last uchideshi to live and train with Morihei Ueshiba. In 1970 he was sent by Hombu Dojo to Fukuoka on the island of Kyushu, to spread Aikido. Here he is the Head of Shoheijuku Aikido, a non-profit organization which incorporates about 100 different dojos and thousands of Aikido-ka's.
In Addition to being one of the leading Aikido instructors in Japan, Suganuma Sensei is a celebrated master of Calligraphy– Shodo.
He is also practising Yoga and Zazen and has authored books on Zen Philosophy.

We are honoured to welcome Suganuma Sensei to instruct on our Summer camp for the 11th time!

BJØRN EIRIK OLSEN 6. DAN AIKIKAI (July 8 - 11)

was among the first students to start training Aikido in Norway.
He spent one year training in London with M. Kanetsuka Sensei and two years in Fukuoka where he trained intensively with Suganuma Sensei.
Later on he spent four years in Tokyo where, in addition to training Aikido at The Hombu Dojo, he also trained Kashima Shinryu Kenjutsu with M. Inaba Sensei at the Shiseikan Dojo.



Photo from Suganumas book



Photo: Verolak 2005

YOU ARE ALL WELCOME TO AIKIDOCAMP AT BRANDBU, NORWAY!

The camp will be situated at a school, Vest Oppland Folkehøgskole, 75 km north of Oslo. www.vofhs.no
Starting on Saturday from 10.00 hours with registration/payment, mat carrying and lunch.
The first class Saturday is at 13.00 and the last class on Thursday is finished at 16.30.
The surrounding area is attractive for nature walks and lake swimming.



Photo: Vofhs



Photo: Vofhs

HOW TO GET THERE:

By train from Oslo S to Jaren st. Take taxi to Brandbu (3 km). Info: www.nsb.no / www.trafikanten.no

By car: Take Rv 4 north from Oslo towards Gjøvik.

By bus from Oslo to Brandbu: Landexpressen, info: www.opplandstrafikk.no

By bus from Oslo Airport Gardermoen to Lunner Rådhus, Take taxi to Brandbu. Info: www.askeladden.net

SEMINAR PRICE AND PAYMENT:

NOK 1400 for 6 days. To be paid in advance by June 15th 2006.

To Nordea Bank account no: 6030.05.34131 (IBAN NUMBER: NO 0260300534131).

Addressed to: Erlend H. Lillebø, Uranienborgveien 29, leil. 204, 0355 Oslo, Norway.

If no advance registration done, CASH PAYMENT UPON ARRIVAL.

Some discounts are given (on the whole camp fee only):

Visitors from other countries and from the two Northern Norway Aikido Clubs in Tromsø and Harstad: NOK 1100.

Participants under the age of 18: NOK 700.

For further information: www.aikido.no/nafsummercamp

Mona tel: + 47 23 38 88 24

Will you bring children? Contact Geirr: geirr@cranner.com

ACCOMMODATION FEE:

The lodging facilities are double and triple rooms; Bring your own sleeping bag and towels!

NOK 150 per day including all meals. ONLY CASH PAYMENT TO SCHOOL UPON ARRIVAL.

The last ones to register will sleep in classrooms on the floor, same price. Mattresses will be available.

It's possible to arrive on Friday night after 1800 for free. No meals served on Friday.

Washers and dryers available.

GRADING:

Please bring your Aikido pass, fill in the forms and have cash payment ready.

Dan grades must apply to NAF technical committee in advance, see www.aikido.no/naf

People from other countries/ federations will need a permit from their technical instructor to grade.



Saturday 8. July

10:00 - 12:00 Check in.
12:00 - 12:30 Mat carrying.
12:00 - 13:00 Lunch.
13:00 - 15:00 Aikido practice.
15:30 - 16:30 Dinner.
17:30 - 19:30 Aikido practice.
20:00 - 21:00 Light meal.

Sunday 9. July

07:30 - 08:30 Breakfast.
08:30 - 11:30 Aikido practice.
12:00 - 13:30 Lunch.
16:30 - 18:30 Aikido practice.
19:00 - 20:00 Dinner.
20:15 - 22:00 NAF Annual Meeting.

Monday 10. July

07:30 - 08:30 Breakfast.
08:30 - 11:30 Aikido practice.
12:00 - 13:30 Lunch.
14:30 - 16:30 Aikido practice.
16:30 - 18:30 Kyu grading.
19:00 - 20:30 Dinner.

Tuesday 11. July

07:30 - 08:30 Breakfast.
08:30 - 11:30 Aikido practice.
12:00 - 13:30 Lunch.
16:30 - 18:30 Aikido practice.
19:00 - 20:30 Dinner.

Wednesday 12. July

07:30 - 08:30 Breakfast.
08:30 - 09:15 Ki practice.
09:30 - 11:30 Aikido practice.
12:00 - 13:30 Lunch.
14:00 - 16:00 Aikido practice.
16:00 - 18:00 Dan grading.
19:00 - 21:00 Dinner.
21:00 - Party.

Thursday 13. July

08:30 - 09:30 Breakfast.
09:30 - 11:30 Aikido practice.
12:00 - 13:30 Lunch.
14:00 - 16:00 Aikido practice.
16:00 - 16:30 Mat carrying.

REGISTRATION:

PLEASE USE OUR ONLINE REGISTRATION, GO TO: www.aikido.no/nafsummercamp

SNAIL MAIL REGISTRATION FORM, FILL IN AND SEND TO: MONA BRUDE, HØGDAVN. 1 D, 0680 OSLO, NORWAY

Name:.....
Address:.....
City/Country:.....
Club:.....
Tel:.....Email:.....

WHEN WILL YOU PARTICIPATE:

The whole camp: Arrival day:..... Departure day:.....

Single day(s): sat/sun/mon/tue: NOK 300, wed/thu: NOK 400

sat: sun: mon: tue: wed: thu:

Single class(es): sat/sun/mon/tue: NOK 150, wed/thu: NOK 200

sat: 1: 2: sun: 1: 2: mon: 1: 2: tue: 1: 2: wed: 1: 2: thu: 1: 2:

ACCOMMODATION NOK 150 PER DAY:

BED IN DOUBLE/TRIPLE ROOM, BRING YOUR OWN SLEEPING BAG AND TOWELS!

Want to share room with:.....

Will stay with friends/private

Camping at the school

Bringing family/ friends not training

Adult.....NOK 150

Children above 3 yrs.....NOK 150

Children under 3 yrs.....FREE

It still costs NOK 150 per day if you use shower/premises and eat 2 meals a day.

Please cross out if suitable:

vegan

vegetarian