

NORWEGIAN AIKIDO FEDERATION INVITES YOU TO
SUMMERCAMP JULY 14TH - 18TH 2002

CELEBRATING NAF'S 25 YEARS ANNIVERSARY



MORI SUGANUMA SENSEI 8. DAN



YOU ARE ALL WELCOME TO AIKIDOCAMP IN OSLO!

We celebrate 25 years of Aikido in Norway. In 1977 Birger Sørensen started the first norwegian Aikido Club in Tromsø.

The camp will be situated in a brand new Sports Hall, Lørenhallen, in an area in Oslo called Økern, the address is Spireavn. 1, which is situated 4 km north-east from the Central Station. It is easily reached from all parts of the city and surroundings by metro, bus and tram. There are wardrobes with showers. The area around Økern and Oslo can offer a large scale of outdoor activities very close to and inside the city border. We suggest taking the tube/bus a few stations to vast wood and mountain areas with several lakes. We will, in the hall, inform about certain trips to beaches and other interesting places for everyone to participate in.

WHERE AND WHEN:

The camp will be situated in Lørenhallen near Økern. Starting on sunday July 14th with registration and payment from 11.00 am. It will end on the evening of thursday July 18th after the Dan gradings have taken place.

HOW TO GET THERE:

With the Metro: Take line 5 direction Vestli to Økern station. 7-8 min. walk to the dojo.

With the bus: Take line 31 or 32 to Aker Sykehus or Bjerke. 5 min. walk to the dojo. Take line 60 to Krokklia or Lundlivn. 5-10 min. walk to the dojo. You can also take line 23 (or 24) to Lørenvangen station. 5 min. walk to the dojo. To reach the dojo from Oslo Airport you can get on the bus (Flybussexpressen) for Bekkestua and get off at the Lørenvangen station or you can take the bus for Majorstuen and get off at Aker Sykehus.

With the tram: Take line 15 or 17 to Sinsenkrysset. 15 min. walk to the dojo.

THE SCHEDULE:

Sunday through tuesday is scheduled with norwegian instructors. These days have three passes each, on sunday we start the first class at 12.00. On wednesday and thursday there are two passes of two hours each day with Suganuma Sensei instructing. (See the practice plan). There will be a long break in the middle of the day to ensure enough time for eating, social activity and resting.

GRADING:

Kyu grading will take place on wednesday and Dan grading on thursday, see the practice-plan. Please bring your Aikido pass, fill in the forms and pay in advance. We will supply the correct forms.

THE FEE:

Participating in the whole camp will cost you NOK 1200. We give 25% discount (only on the whole camp) if you visit from another country and for members from the two Northern Norway Aikido Clubs in Tromsø and Harstad. We also discount participants under the age of 16. On Sunday through Tuesday the fee for one class is NOK 150 and for one day (3 classes) NOK 300. On Wednesday and Thursday the fee for one class is NOK 200 and for one day (2 classes) NOK 350.

ACCOMODATION:

You should book or arrange your own Hostel or Hotel (see underneath for details) and your own meals. It is possible to sleep on the dojo floor bringing your own sleeping bag and mattress. The price is NOK 100 for the whole camp or 50 per night. However, there are absolutely no possibilities for foodmaking. No camping is allowed on the premises. The city has got two Camping sites, the nearest is Ekeberg Camping, bus no 23, and also Bogstad Camping.

The city offers a large amount of Hotels, please feel free to do your own research. We have chosen to inform you about the nearby Linne Hotel and the cheapest solution, Haraldsheim Youth Hostel. Remember to book a room soon!

Linne Hotel (10-15 min walk) offers summer (discount) prices: 2-bed room: NOK 700,- Single room: NOK 600,- and double-bed room: NOK 800,- including breakfast. Their Tel. no is: +47 23 17 00 00. Bus no 60 (2 min walk), Metro no. 5 to Vollebekk (5 min).

The Youth Hostel, Haraldsheim, is only 8 min walk from the dojo. Tel. no: +47-22 22 29 65/23 13 93 00. To get there, take bus no. 31 or 32 to Aker Sykehus (3 min walk), or tram no 15 or 17 to Sinsenkrysset (3 min. walk). Haraldsheim is connected to Hostelling International and International Booking Network. It is smart to be a member. You should book a room, the sooner the better. Visit their homepage:

<http://www.haraldsheim.oslo.no>. Member prices are: 4 bed room without private bathroom: NOK 170,- per person/night including breakfast. 4 bed room with bathroom: 190,- per person/night including breakfast. Non-members pay + 25,- on these prices. There are washers, dryers, self cooking kitchen and TV room. It is possible to make your own sandwich-pack (for lunch) for the price of NOK 45.-.

REGISTRATION:

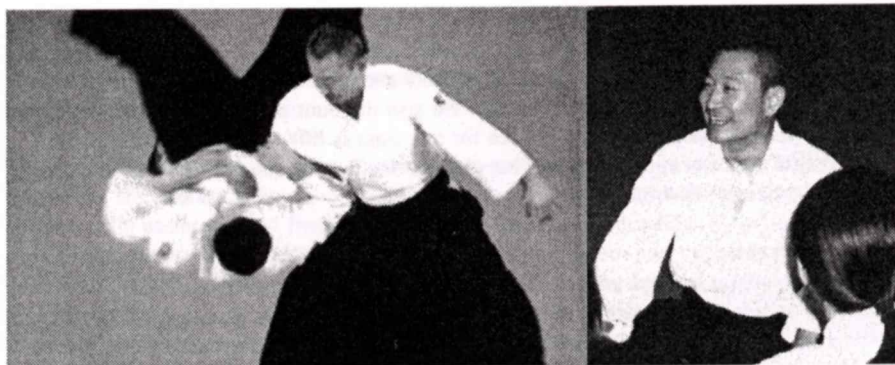
To register for the camp please use our on-line registration form, you will find it at <http://aikido.no/nafsummercamp/> - or fill in the last page of the invitation and send it snailmail to: Maria Sætre, Nittedalgata 19, 0654 Oslo, Norway before June 15th.

Payment should be sent to: Nordea Bank, account no: 6039.66.42223 and addressed to: NAF, Kjetil Evang, Brekkelia 3 D, 0882 Oslo

FOR FURTHER INFORMATION:

Please check <http://aikido.no/nafsummercamp/>

- Mona Brude, tel: +47 23 38 88 24, mona.brude@c2i.net
- Maria Sætre, tel: +47 22 67 09 20, maria.satre@chello.no



MORI SUGANUMA SENSEI 8. DAN (WEDNESDAY AND THURSDAY)

(born 1942) is the Head of Aikikai in Western Japan. He was one of the last uchideshi to live and train with Morihei Ueshiba during the last years of his life. In 1970 he went to Fukuoka on the island of Kyushu, where he has established and runs nearly 100 dojos. In addition to being one of the leading Aikido instructors in Japan, Suganuma Sensei is a celebrated Master of Calligraphy - shodo. He is also practicing Zazen and has authored books on Zen Philosophy. We are honoured to welcome S.S. to instruct on our Summer Camp for the seventh time this year. The earlier visits were in 1986, 1987, 1998, 1999, 2000 and 2001.

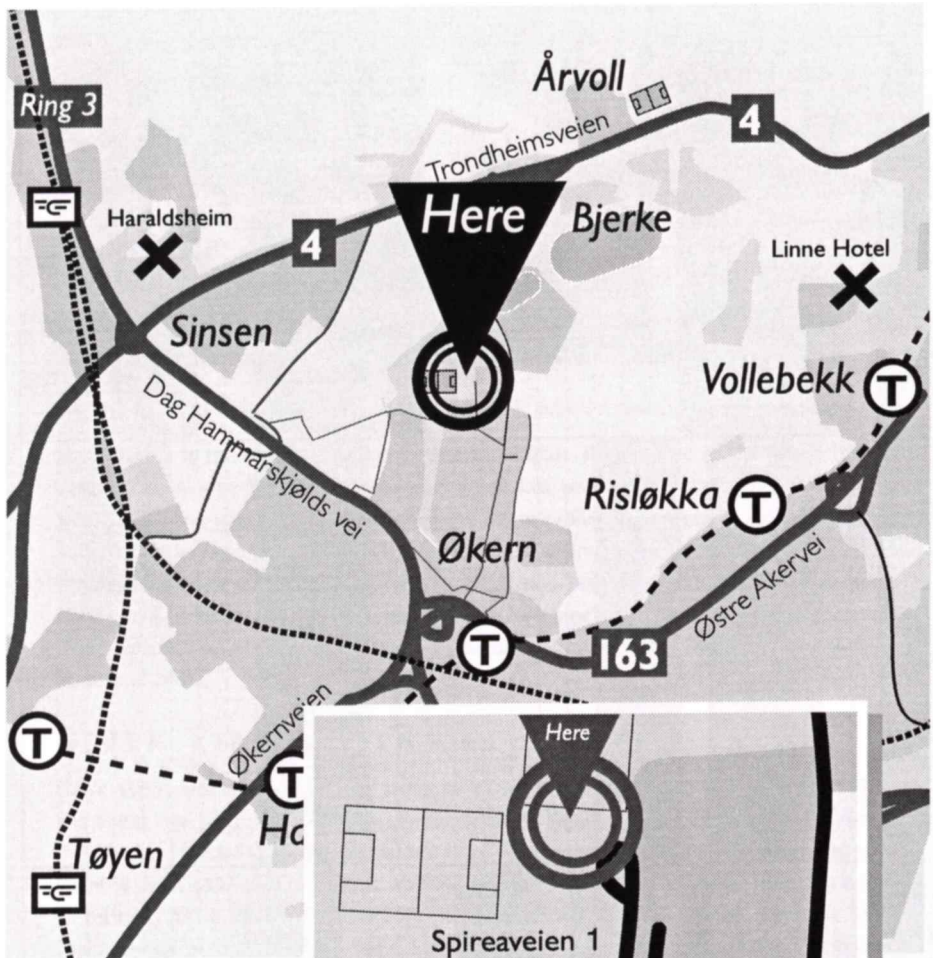
BJØRN EIRIK OLSEN 5. DAN

(born 1955) was among the first students to start training aikido in Norway in 1977. He has spent one year of training in London with M. Kanetsuka Sensei (1979) and two years in Fukuoka (1983-84) where he trained intensively with M. Suganuma Sensei. Later on he spent 4 years (1991-94) in Tokyo working for The Norwegian Embassy. There, in addition to training Aikido at The Hombu Dojo, he also trained Kashima Shinryu Kenjutsu with M. Inaba Sensei at the Shiseikan Dojo. Since 1995 Bjørn Eirik has been living and training in Tromsø.

In addition to Bjørn Eirik, some of the other members of The Norwegian NAF Technical Committee will instruct some classes sunday through tuesday.

The members of T.C. are: Birger Sørensen, 4.dan, Jo Ring Giske, 3.dan, Stein-Are Engstad, 3.dan, and Mai-Eli Johansen, 2.dan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09:00		Registration	Registration	Registration Warming up	Registration Warming up
10:00		09:30-11:00 Class	09:30-11:00 Class	9.30-11.30 Class	9.30-11.30 Class
11:00	11-- Check in				
12:00		11:30-13:00 Class	11:30-13:00 Class		
13:00	12.00-13.30 Class				
14:00					
15:00	14.00-15.30 Class				
16:00					
17:00				16.00-18.00 Class	16.00-18.00 Class
18:00		17.00-19.00 Class	17.00-19.00 Class	18:00 Kyu-grading	18:00 Dan-grading
19:00	17.30-19.30 Class				19 -- Mat carrying
20:00					
21:00			20.30 Annual meeting NAF (for members)	20.00 Celebration dinner & Aiki dancing	
22:00					



To send an on-line registration, please go to <http://aikido.no/nafsummercamp/>

SNAILMAIL REGISTRATION FORM FOR THE SUMMER CAMP 2002

Fill inn and send to: Maria Sætre, Nittedalgata 19, 0654 Oslo within June 15.

WHO ARE YOU?:

Name:.....

Address:.....

City/country:.....

Club:.....

Tel:.....

E-mail:.....

WHEN WILL YOU PARTICIPATE?

The whole camp NOK 1200,- (See page 2 for discount information)

Single day(s): (sun/mon/tue: NOK 300,- wed/thu: NOK: 350,-)

sun mon tue wed thu

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

1. class: sun mon tue wed thu

2. class: sun mon tue wed thu

3. class: sun mon tue

Advance payment to be sent to: Nordea Bank, account no: 6039.66.42223 and addressed to: NAF, Kjetil Evang, Brekkelia 3 D, 0882 Oslo

Sleep in dojo? At the price of NOK 100,- for the whole camp or NOK 50,- per night. Please remember to bring your own sleeping bag and mattress.



Maria Sætre
Nittedalgata 19
0654 Oslo

Fold here

