

**NORWEGIAN AIKIDO FEDERATION INVITES YOU TO  
SUMMER CAMP  
WITH SHIHAN MORI SUGANUMA SENSEI 8th DAN AIKIKAI.  
JULY 3<sup>rd</sup> – 8<sup>th</sup> 2004 AT BRANDBU NORWAY**



**Shihan Mori Suganuma Sensei 8th dan Aikikai** (Tue/Wed/Thur)

(born 1942) is the Head of Aikikai in Western Japan 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 during the last years of his life.

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 at our  
Summer camp for the 9<sup>th</sup> time!

Earlier visits are: 1986 – 87 – 98 – 99 – 00 – 01 – 02 and 2003.

**Bjørn Eirik Olsen 6th dan**

(born 1955) was among the first students to start training Aikido in Norway in 1977.

He spent one year 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 four years in Tokyo (1991-94).

There, in addition to training Aikido at The Hombu Dojo, he also trained Aikido and Kashima Shinryu Kenjutsu with M. Inaba Sensei at Meiji Jingu Shiseikan.

Since 1995 Bjørn Eirik has been living and training in Tromsø, and has been giving Aikido seminars in Norway, Ireland and London.

He is the Head of the NAF Technical Committee.

Some class(es) Saturday through Monday will be instructed by other members of the NAF Technical Committee, these are: Birger Sørensen (4th Dan, Shidoin), Stein-Are Engstad (3rd Dan, Fukushidoin), Jo Ring Giske (3rd Dan Fukushidoin) and Mai-Elī Johansen (2nd Dan Fukushidoin).

## YOU ARE ALL WELCOME TO AIKIDOCAMP AT BRANDBU, NORWAY!

### WHERE AND WHEN:

The camp will be situated at a school, Vest Oppland Folkehøgskole, VOFHS, 70 km north of Oslo.

[WWW.VOFHS.NO](http://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 around 16.30.

### HOW TO GET THERE:

By train from Oslo S to Jaren St. Take taxi to Brandbu (3 km).

Info: [WWW.NSB.NO](http://WWW.NSB.NO) / [WWW.TRAFIKANTEN.NO](http://WWW.TRAFIKANTEN.NO)

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

By bus from Oslo to Brandbu: Landexpressen, info [WWW.OPPLANDSTRAFIKK.NO](http://WWW.OPPLANDSTRAFIKK.NO)

By bus from Oslo Airport, info [WWW.NOR-WAY.NO](http://WWW.NOR-WAY.NO)

### GRADING:

Kyu grading will take place on Sunday and Dan grading on Wednesday after the last classes.

Please bring your Aikido pass, fill in the forms which we supply and have payment ready.

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

### PAYMENT:

Participating in the whole camp will cost you NOK 1200. To be paid before the training starts.

Discounts are given only on the whole camp:

25% if you visit from another country. And 50% to members from the two Northern Norway Aikido clubs in Tromsø and Harstad, in addition to the pupils from VOFHS school, class of 2004.

On Saturday through Monday the fee for one class is NOK 150 and for one day 250.

On Tuesday through Thursday the fee for one class is NOK 200 and for one day 350.

### ACCOMMODATION:

The lodging facilities are double rooms, bringing your own sleeping bag. NOK 150 per day including all meals.

Linen/pillow/quilt/towel cost extra NOK 50 per day.

If more than 80 participants, the last ones will have to sleep in the dojo.

It is possible to arrive on Friday night after 1800. No meals served on Friday, however breakfast on Saturday. In addition, upon departure you may stay until Friday morning including breakfast.

One option is free, if you choose both, it costs you NOK 150.

### OSLO LODGING:

If you need to stay a night in Oslo, please check on The Youth Hostel Haraldsheim,

[www.haraldsheim.oslo.no](http://www.haraldsheim.oslo.no) Tel: + 47 22 22 29 65 / 23 13 93 00.

### REGISTRATION:

To register for the camp, please use our on-line registration form, you will find it at:

[www.aikido.no/nafsummercamp/](http://www.aikido.no/nafsummercamp/)

Or fill in the last page of the invitation and send it snail mail to:

NAF Summercamp c/o Mona Brude, Høgdevn. 1 d, 0680 Oslo, Norway.

### PAYMENT:

Should be sent to: Nordea Bank account no: 6039.66.42223 and addressed to:

NAF Summercamp, Erlend H. Lillebø, Uranienborgveien 29, leil. 204, 0355 Oslo, Norway.

### For further information:

Please check [www.aikido.no/nafsummercamp/](http://www.aikido.no/nafsummercamp/)

Mona Brude tel: + 47 23 38 88 24

Alternatively, send mail to [geirr@cranner.com](mailto:geirr@cranner.com)

PLEASE USE OUR ONLINE REGISTRATION, GO TO: [www.aikido.no/nafsummecamp](http://www.aikido.no/nafsummecamp)

**SNAIL MAIL REGISTRATION FORM FOR THE SUMMERCAMP 2004:**

**Fill in and send to:** NAF, c/o Mona Brude, Høgdevn. 1 d, 0680 Oslo

**WHO ARE YOU?**

Name:.....

Address:.....

City/Country:.....

Club:.....

Tel:.....Email:.....

**WHEN WILL YOU PARTICIPATE?**

Please cross suitable boxes:

**The whole camp: NOK 1200** See Payment chapter for discounts.

Single day(s): (sat/sun/mon: NOK 250, tues/wed/thurs: 350)

sat       sun       mon       tues       wed       thurs

Single class(es): (sat/sun/mon: NOK 150, tues/wed/thurs 200)

1. class:  sat       sun       mon       tues       wed       thurs

2. class:  sat       sun       mon       tues       wed       thurs

**Advance payment to be sent to: Nordea Bank, account no: 6039.66.42223.**

Addressed to: NAF Summer camp c/o Erlend H. Lillebø, Uranienborgveien 29, leil.204, 0355 Oslo, Norway.

**PLEASE BRING CASH payment upon arrival for room/board and training fee.**

**ACCOMMODATION:**

Bed in double room **bringing your own sleeping bag**, with all meals NOK 150 per day.

Want Linen/pillow/quilt/towel, **cost extra NOK 50 per day.**

**Want to share room with:** \_\_\_\_\_

The last ones to register will have to sleep in the dojo. IF more than 80 participants.

Will stay with friends/private       Camping at the school

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

Bringing family/friend(s) not training:\_\_\_\_\_       Adult(s)\_\_\_\_\_

Child(ren) above 3 yrs\_\_\_\_\_       Child(ren) under 3 yrs free.

**ARRIVAL:\_\_\_\_\_day**

**DEPARTURE:\_\_\_\_\_day**

**FOOD:** The food is basically vegetarian, but it is possible to choose or mix.

only vegan       combination       fish       meat

SEND REGISTRATION TO:

Mona Brude.  
Høgdevn. 1 d,  
0680 Oslo  
NORWAY



NORWEGIAN AIKIDO FEDERATION  
SUMMER CAMP  
WITH SHIHAN MORI SUGANUMA SENSEI 8th DAN AIKIKAI



|       | Saturday                            | Sunday                        | Monday                | Tuesday                 | Wednesday                 | Thursday              |
|-------|-------------------------------------|-------------------------------|-----------------------|-------------------------|---------------------------|-----------------------|
| 07:30 |                                     |                               |                       |                         |                           |                       |
| 08:00 |                                     | 08.00-09.00 Breakfast         | 07.30-08.30 Breakfast | 07.30-08.30 Breakfast   | 07.30-08.30 Breakfast     |                       |
| 09:00 |                                     | 09.00-11.00 Practise          | 08.30-11.30 Practise  | 08:30-09:15 Ki Practise | 08:30-09:15 Ki Practise   | 09.00-10.00 Breakfast |
| 10:00 | 10.00 Check-in<br>11.00-12.00 Lunch |                               |                       | 09:30-11:30 Practise    | 09:30-11:30 Practise      | 10.00-12.00 Practise  |
| 12:00 | Mat carrying!                       | 11.30-13.00 Lunch             | 12.00-13.30 Lunch     | 12.00-13.30 Lunch       | 12.00-13.30 Lunch         | 12.00-13.30 Lunch     |
| 13:00 |                                     |                               |                       |                         |                           |                       |
| 14:00 | 13.00-15.00 Practise                | 13.30-15.30 Practise          |                       |                         |                           | 14.00-16.00 Practise  |
| 15:00 |                                     |                               |                       |                         |                           |                       |
| 16:00 | 15.30-16.30 Dinner                  | ca 15:30 →<br>Kyū grading     |                       |                         |                           | Mat carrying!         |
| 17:00 |                                     |                               |                       |                         |                           |                       |
| 18:00 | 17.00-19.00 Practise                |                               | 16.30-18.30 Practise  | 16.30-18.30 Practise    | ca 16:30 →<br>Dan grading | 16.30-18.00 Dinner    |
| 19:00 |                                     | 18.00-19.00 Dinner            |                       |                         |                           |                       |
| 20:00 | 19.30-20.30 Light Meal              | 19.30 →<br>NAF Annual Meeting | 19.00-20.30 Dinner    | 19.00-20.30 Dinner      | 19.00-21.00 Dinner        |                       |
| 21:00 |                                     |                               |                       |                         |                           |                       |
| 22:00 |                                     |                               |                       |                         |                           |                       |