

NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMER CAMP JULY 12TH - 17TH 2005



WITH SHIHAN MORI SUGANUMA SENSEI 8. DAN AIKIKAI

(JULY 14-17) 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 SEND BY HOMBURU 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 10TH TIME!

BJØRN EIRIK OLSEN 6. DAN AIKIKAI

(JULY 12-13) 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 M. SUGANUMA SENSEI.

LATER ON HE SPENT FOUR YEARS IN TOKYO WHERE, IN ADDITION TO TRAINING AIKIDO AT THE HOMBURU DOJO, HE ALSO TRAINED KASHIMA SHINRYU KENJUTSU WITH M. INABA SENSEI AT THE SHISEIKAN DOJO.

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.

SEE MAP AT: WWW.VOFHS.NO/PROGRAM/HADELAND.HTM

STARTING ON TUESDAY FROM 10.00 HOURS WITH REGISTRATION/PAYMENT, MAT CARRYING AND LUNCH.

THE FIRST CLASS TUESDAY IS AT 13.00 AND THE LAST CLASS ON SUNDAY IS FINISHED AT 16.30.

THE SURROUNDING AREA IS ATTRACTIVE FOR NATURE WALKS AND LAKE SWIMMING.

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 TO LUNNER RÅDHUS, TAKE TAXI TO BRANDBU. INFO: WWW.ASKELADDEN.NET

SEMINAR PRICE & DISCOUNTS:

PARTICIPATING IN THE WHOLE CAMP WILL COST YOU NOK 1400. TO BE PAID IN ADVANCE BY JULY 1ST 2005.

DISCOUNTS ARE GIVEN ONLY ON THE WHOLE CAMP. VISITORS FROM OTHER COUNTRIES: NOK 1050.

THE PUPILS FROM VOFHS SCHOOLCLASS OF 2005 AND THE TWO NORTHERN NORWAY AIKIDO CLUBS IN TROMSØ AND HARSTAD: NOK 800.

GRADING:

PLEASE BRING YOUR AIKIDO PASS, FILL IN THE FORMS AND HAVE CASH PAYMENT READY.
DAN GRADES MUST APPLY TO NAF TECHNICAL COMMITTEE, SEE WWW.AIKIDO.NO/NAF
PEOPLE FROM OTHER COUNTRIES/FEDERATIONS WILL NEED A PERMIT FROM
THEIR TECHNICAL INSTRUCTOR TO GRADE.

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 (TOTAL). CASH PAYMENT TO SCHOOL UPON ARRIVAL.

IF MORE THAN 80 PARTICIPANTS,
THE LAST ONES WILL HAVE TO SLEEP IN CLASSROOMS ON THE FLOOR, SAME PRICE.

IT IS POSSIBLE TO ARRIVE ON MONDAY NIGHT AFTER 1800 AND STAY OVERNIGHT FOR FREE.
NO MEALS SERVED ON MONDAY, HOWEVER BREAKFAST ON TUESDAY.

OSLO LODGING:

PLEASE CHECK THE YOUTH HOSTEL: WWW.HARALDSHEIM.OSLO.NO TEL: + 47 22 22 29 65 / 23 13 93 00.

SEMINAR PAYMENT:

TO BE PAID IN ADVANCE BY JULY 1ST 2005 TO:

NORDEA BANK ACCOUNT NO: 6039.66.42223 AND ADDRESSED TO:

NAF SUMMERCAMP, ERLEND H. LILLEBØ, URANIENBORGVEIEN 29, LEIL. 204, 0355 OSLO, NORWAY.

IF LATE REGISTRATION, PAY CASH UPON ARRIVAL.

FOR FURTHER INFORMATION: WWW.AIKIDO.NO/NAFSUMMERCAMP

MONA BRUDE TEL: + 47 23 38 88 24

WILL YOU BRING CHILDREN? CONTACT GEIRR@CRANNER.COM



Tuesday 12. 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.
17:00 - 19:00 Aikido practice.
19:15 - 20:15 Light meal.
20:15 - 22:00 NAF Annual Meeting.

Wednesday 13. 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.

Thursday 14. July

07:30 08:30 Breakfast.
08:30 09:15 Ki practice.
09:30 11:30 Aikido practice.
12:00 13:30 Lunch.
16:30 18:30 Aikido practice.
19:00 20:30 Dinner.

Friday 15. July

07:30 08:30 Breakfast.
08:30 09:15 Ki practice.
09:30 11:30 Aikido practice.
12:00 13:30 Lunch.
16:30 18:30 Aikido practice.
19:00 20:30 Dinner.

Saturday 16. 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 - 00:00 Party.

Sunday 17. July

08:30 - 09:30 Breakfast.
08:30 - 09:30 Room check-out.
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.AI KIDO.NO/NAFSUMMERCAMP

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

NAME:..... ARRIVAL DAY:.....
ADDRESS:.....
CITY/COUNTRY:..... DEPARTURE DAY:.....
CLUB:.....
TEL:..... EMAIL:.....

WHEN WILL YOU PARTICIPATE:

THE WHOLE CAMP:

SINGLE DAY(S): (TUE/WED: NOK 300, THU/FRI/SAT/SUN: NOK 400)

TUE: WED: THU: FRI: SAT: SUN:

SINGLE CLASSES: (TUE/WED NOK 150, THU/FRI/SAT/SUN NOK 200)

TUE: 1: 2: WED: 1: 2: THU: 1: 2: FRI: 1: 2: SAT: 1: 2: SUN: 1: 2:

ACCOMMODATION:

- BED IN DOUBLE ROOM
- BRINGING FAMILY/FRIENDS NOT TRAINING (NOK 150)
- BRINGING YOUR OWN SLEEPING BAG, WITH ALL MEALS NOK 150 PER DAY.
- ADULT.....(NOK 150)
- WANT LINEN/PILLOW/QUILT/TOWEL, COST EXTRA NOK 50 TOTALLY.
- CHILDREN ABOVE 3 YRS.....(NOK 150)
- CHILDREN UNDER 3 YRS.....(FREE)

WANT TO SHARE ROOM WITH:.....

IT STILL COSTS NOK 150 PER DAY IF YOU USE SHOWER/PREMISES AND EAT 2 MEALS A DAY.

- WILL STAY WITH FRIENDS/PRIVATE
- CAMPING AT THE SCHOOL

PLEASE CROSS OUT IF SUITABLE:

- VEGAN
- VEGETARIAN