



SUMMERCAMP 2010

**NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMERCAMP
JULY 3rd - 8th 2010**

YOU ARE ALL WELCOME TO AIKIDOCAMP AT BRANDBU!

The camp will be situated at Vestoppland Folkehøgskole, 75 km north of Oslo.
Starting on Saturday from 11.00 hours with registration/payment, mat carrying and lunch.
The first class Saturday is at 15.30 and the last class on Thursday is finished at 16.30.
The surrounding area is attractive for nature walks and lake swimming.



MORITO SUGANUMA SENSEI 8. DAN AIKIKAI

Suganuma 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 nonprofit 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 13th time!



BJØRN EIRIK OLSEN 6. DAN AIKIKAI



Bjørn Eirik Sensei 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 Aikido and Kashima Shinryu with M. Inaba Sensei at Meiji Jingu Shiseikan.



Seminar price and payment:

NOK 1400* for 6 days (*advance payment only)

Single days/classes: see "Registration" form

To be paid in advance by June 14th 2010

To account no: 3624.32.08283

Iban no.: NO48 3624 3208 283, BIC/SWIFT: SPAVNOB

Addressed to: Paul O.Tvete

Ullevålsveien 97B, 0359 Oslo, Norway

If no advance registration done:

Cash payment upon arrival, +100 NOK

Discounts (on the whole camp fee only):

Visitors abroad, or from the Tromsø/Harstad Aikido Clubs: NOK 1100

Participants under the age of 18: NOK 700

More information: www.aikido.no/nafsummercamp

Kjetil Hatlebrekke tel: + 47 92 03 58 13



Accommodation fee:

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

NOK 300 per day including all meals. See "Registration" form for details.

The last ones to register will sleep in classrooms on the floor, NOK 200.

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.

"Accommodation fee MUST be payed in CASH to the SCHOOL"

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.

How to get there:

By train



From Oslo S to Jaren st.

Take taxi to Brandbu (3 km).

www.nsb.no/www.trafikanten.no

By car



Take Rv 4 north from Oslo towards Gjøvik.

By bus

From Oslo to Brandbu:



Landexpressen; www.opplandstrafikk.no

By bus from Oslo Airport Gardermoen to Lunner Rådhus, Take taxi to Brandbu.

Location Google Map > search: "vestoppland folkehøgskole"

