



SUMMERCAMP 2011

**NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMER CAMP
JULY 9th - 14th 2011**

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 12.00 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 16.00.
The surrounding area is attractive for nature walks and lake swimming.



HIDEKI TAKEMURA 6. DAN AIKIKAI

Takemura Sensei was born in 1969 and started his Aikido practice in 1988. When he was studying, he was the Captain of the Kyushu University Aikido Dojo. From April 1993, he became an Uchi Deshi (full time "in-house" student) of Suganuma Sensei, and presently he is a professional instructor of Suganuma's Shoheijuku Dojos in Western Japan.



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 10th 2011
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 at 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; www.askeladden.net

Take taxi to Brandbu.

Location Google Map > search: "vestoppland folkehøgskole"

Junior Aikido:

There will be a free training session for juniors on Sunday.

Please visit www.aikido.no for more information.

合気道

