



SUMMERCAMP 2012

**NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMERCAMP
JULY 8. - 12. - 2012**

YOU ARE ALL WELCOME TO AIKIDOCAMP AT BRANDBU!

The camp will be situated at Hadeland Folkehøgskole (www.hafos.no), 75 km north of Oslo. Starting on Sunday from 10.00 hours with registration/payment, mat carrying and lunch. The first class 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. See more info: <http://no.wikipedia.org/wiki/Hadeland>



MORITO SUGANUMA SHIHAN 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 SHIHAN 6. DAN AIKIKAI



Bjørn Eirik Sensei was appointed as Shihan by Moriteru Ueshiba in Aikikai Hombu dojo January 8th this year. He 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:

5 days pass NOK 1300,- (**advance payment only*)
Single days/classes: see "Registration" form

To be paid in advance by June 10th 2012
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 1000

Participants under the age of 18: NOK 700

More information: www.aikido.no/nafsummercamp
Kjetil Hatlebrekke tel: + 47 92 03 58 13

Junior Aikido:

There will be Aikido practice for juniors both Sunday and Monday.

Please www.aikido.no for more info.
Updated timetable will be posted shortly!

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.
Washers, dryers and mattresses will be 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: "Hadeland Folkehøgskole"

