# Junior Aikido:

There will be Aikido practice for juniors both Sunday and Monday.
see www. aikido.no for more info.
Updated timetable will be posted shortly!



# SUMMERCAMP 2014

NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMERCAMP 5-10. JULY 2014

#### 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 Saturday from 10:00 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 Sensei was one of the last Uchideshis of the Founder of Aikido, Morihei Ueshiba. In 1970 he was sent to Fukuoka by the late Doshu Kishomaru Ueshiba to build up Aikido in Kyushu and Western Japan. Due to his great Budo knowledge and understanding of Japanese culture – as well as his personality, his work has given outstanding results. Today he is responsible for more than 100 Dojos and 4000 students under the umbrella of Shoheijuku. In 2013, the Japan Martial arts Council gave him the "Contributor to the promotion of the Martial arts Award". This is the most prestigious award in the Japanese Budo world. Suganuma Sensei first visited Norway in 1986, and this year he will teach his 15th summer seminar here.



## Seminarprice and payment:

6 days pass NOK 1600,- (\*advance payment only) See more information on www.aikido.no

To be paid in advance by June 10th 2014 To account no: 2020.55.13729

Iban no.: NO4420205513729 BIC/SWIFT: SPTRNO22

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 1300

Participants under the age of 18: NOK 800 More information: www.aikido.no
Kjetil Hatlebrekke tel: + 47 92 03 58 13

#### BJØRN EIRIK OLSEN SHIHAN, 6. DAN AIKIKAI

Bjørn Eirik Sensei started with Aikido in Tromsø, 1977. Later, he practiced in London for one year and in Japan for six years – and visited Japan more than 50 times. Important teachers were Minoru Kanetsuka, Morito Suganuma, Minoru Inaba, Morihiro Saito and Seiseki Abe, as well as the late Doshu Kishomaru Ueshiba and the present Doshu Moriteru Ueshiba. Since 1998 he has been the Chief instructor of the Norwegian Aikido Federation. He has also been teaching in England, Greece, Germany, Vietnam and USA, and through the Aikido Guide-application, his instruction is now reaching out to Aikido students in 60 countries.



## 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

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

### Accommodation fee:

Room with bath: 450,Room without bath: 360,Classroom: 270,Tent: 260,Banquet(dinner): 100,-

Payment terminal will be available
This include all meals and use of sanitary at school.

Bring your own sleeping bag and towels
See "Registration" form for details.
Washers, dryers and mattresses will be available.

Accommodation fee M U S T be payed to the S C H O O L

## 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"