



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 Kichomaru 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 Shohanjuku.

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 16th summer seminar here.



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 Seiji Abe, as well as the late Doshu Kichomaru Ueshiba and the present Doshu Morihiro 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 68 countries.

# Summercamp 2015

NORWEGIAN AIKIDO FEDERATION INVITES YOU TO SUMMERCAMP

JULY 4th - 9th 2015

YOU ARE ALL WELCOME TO AIKIDOCAMP AT BRANDBU!

The camp will be situated at Hadeland Folkehøgskole ([www.hafos.no](http://www.hafos.no)), 75 km north of Oslo. Starting on Saturday from 10:00 with registration and payment, mat carrying (at 12:00), and lunch.

The first class is at 15:30 and the last class on Thursday is finished at 16:00. (+30 min. mat carrying after last class).

#### Seminar price and payment:

6 days pass NOK 1600,- (\*advance payment only).

See more information on [www.aikido.no](http://www.aikido.no)

To be paid in advance by June 10th 2015

To account no: 6188.05.46448

IBAN: NO1461880546448 SWIFT/BIC: NDEANOKK

\*If no advance payment done:

Cash payment upon arrival, + NOK 100,-

#### Discounts (on the whole camp fee only):

Visitors abroad, or from the Tromsø, Harstad and Svalbard Aikido Clubs: NOK 1300,-

Participants under the age of 18: NOK 800,-

More information: [www.aikido.no](http://www.aikido.no) Kjetil Hatlebrekke

tel: + 47 92 03 58 13

#### Junior Aikido:

There will be Aikido practice for juniors both Sunday and Monday. See [www.aikido.no](http://www.aikido.no) for more info.

#### 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](http://www.aikido.no). People from other countries/federations will need a permit from their technical instructor to grade.

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

See more info: <http://no.wikipedia.org/wiki/Hadeland>

#### 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 **MUST** be paid to the SCHOOL on arrival.

#### How to get there:

By train;

From Oslo S to Jaren station and then take taxi to Brandbu (3 km). ([www.nsb.no](http://www.nsb.no)/[www.trafikanten.no](http://www.trafikanten.no))

By car;

Take Rv. 4 north from Oslo towards Gjøvik.

By bus;

From Oslo to Brandbu: Take Land-expressen bus No.153. ([www.opplandstrafikk.no](http://www.opplandstrafikk.no)).

From Oslo Airport Gardermoen: Take a bus No.260 to Lunner Rådhus, then change to bus No.153 or taxi (16 km) to Brandbu.

Location on Google Map; search for "Hadeland Folkehøgskole"

