

# HOKUTORYU AUTUMN CAMP 2013

2-3.11.2013 Salo

Urheilutalo, Perniöntie 7, 24100 Salo

Camp is open to all Hokutoryu practitioners from white to black belt.

Junior training Saturday 2.11. for juniors of all levels.

## **CAMP SUPERVISOR :**

Auvo Niiniketo 9.Dan

## **INSTRUCTORS:**

Cosimo Costa 8.Dan, Italia, Head teacher of Sicily

Ottar Vassender 5.Dan, Norway

Johnny Bjoroy , Kickboxing Champion of Norway

Frode Nilsen, MMA Fighter, Norway

Timo Hirvonen 7.Dan

Risto Vöntär 7.Dan

Kimmo Tenhunen 6.Dan

Kari Lehtonen 4. dan

## **DAN EXAMS:**

Friday 1.11 at 19.00

Belt level tests of all levels can be taken during the camp.

## **BELT EXAMS (KYU):**

Saturday 2.11. at 9.30

## **REGISTRATION AND CAMP FEE:**

Camp fee 60 Eur / juniors 30 Eur. Camp fee is paid at the entrance. The reception opens Saturday 2.11. at 8.30AM.

## **ACCOMODATIONS:**

Sokos Hotel City Rikala

1hh = 45€ / room / day

2hh "Standard" = 60€ / room / day

Sokos Hotel Rikala

1hh = 60€ / room / day

2hh "Standard" = 80€ / room / day

2hh "Superior" = 100€ / room / day

Reservation word: Ju-jutsu

Address: Asemakatu 15, 24100 Salo

Tel: +358 2 7744 100

Email: reception.rikala@sok.fi

www.sokoshotels.fi

**DOJO ACCOMODATION:**

In the Dojo of Zanshinkan, included in the camp price.

Katrineholminkatu 6 , 24100 Salo

**COMMON CAMP DINNER:**

Saturday we have an open dinner invitation for all campers. Enrollments in advance to Sokos Hotel Rikala reception (+358 2 7744 100 / reception.rikala@sok.fi). The price for dinner is 19 Eur.

**TRAINING:**

**We have many special training sessions during the camp, such as use of force for security personnel, match training, and Kobujutsu.**

**Juniors will practice Saturday 2.11. at 11.00-15.30. There will be four different practices for juniors.**

**Saturday 2.11.**

09.30-11.00 Belt exams (Kyu)

11.00-12.30 White, Yellow, Orange

12.35-12.45 OPENING CEREMONY

12.45-14.15 Green, Blue, Brown, Black

14.20-15.45 White, Yellow, Orange

15.50-17.15 Green, Blue, Brown, Black

20.30-> Common camp dinner

**Sunday 3.11.**

10.00-11.30 All belt grades

11.45-13.15 All belt grades

**ORGANIZER:**

Salon Zanshinkan Ry

Email: info@zanshinkan.fi

Kimmo Nurkse, 041 504 0158

www.hokutoryu.com

**INQUIRIES:**

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