

# EASTER CAMP

18 - 20 of April 2014  
in Östersund, SWEDEN.



*Come, practice, learn and have a lot of good fun.*

This is the 31th Easter Camp in Östersund. A long tradition for Kyokushin Karate in Sweden and now even for Scandinavia. We have had students and teachers from Denmark, Norway, Baltic States, USA and even Japan as our guests. Shihan Nygren and myself never expected that when the Camp started so long time ago. But with well known Shihan Collins with us it all started to grow. We are now once again prepared to host you and enjoy Kyokushin Karate when it is as its best.

## Introducing

Shihan Howard Collins  
7 Dan

Shihan Håkan Nygren  
6 Dan

Shihan Michael Söderkvist  
6 Dan

Detailed schedule will be presented at the Camp.  
From the contents: The spirit, Your limit, Referee training and much more.

Location: Valla Sporthall,  
Valla Centrum, Frösön,  
Östersund, Sweden.

Start: Friday 18 of April at  
0930.

End: Sunday 20 of April at  
1500.

*Welcome*  
*Östersunds Budo Kai*



**Theme of the Camp**  
**Soju otosu**





## WHAT TO KNOW

### To bring

Dogi, preferable 2ps. towel, night stuff. Air-mattress and sleeping bag if you are staying in the dojo.

### Food

We are serving breakfast buffet, lunch, tasty coffee and snacks. After the previous years of success with a Camp lunch restaurant, where most of the camp participants are eating, we are offering this year: 2 breakfast, 3 lunch and camp fee for only 900 SKR. An offer you can't miss if you like to eat at the camp site! It is a great option as the open restaurants are a bit away in Östersund Center.

### Sleeping

Make your own reservation.

**Alt 1:** In the dojo. For free.

**Alt 2:** Hotel Emma +46-63-51 78 40. From 450-425 SKR/ person in double/ triple room with breakfast.

**Alt 3:** STF Vandrarhem Östersund/ Ledkrysset. From 220 SKR, +46-63-103310.

**Alt 4:** Vandrarhemmet City. In town center, +46 (0)708-10 55 85. From 260 SKR.

### Grading possibility

Kyu-grading and 1-3 Dan grading. For Dan-grading, apply to the SKK Technical Committee (Pres. Shihan Michael Söderkvist) Send a CV confirming your experience as well as bring a health declaration. (NEW!!) with you. Bring your EKO/ Kyokushin pass and a permission from your instructor. Grading fee for both Kyu and Dan examination is 100 SKR. If you pass your Dan-examination an additional registration fee has to be paid.

We continuing our new program from last year with great workshops.

### Workshop Sessions

Karate & Body      Karate & Mind  
Karate & Spirit      Karate & Waza  
Karate & Tradition

### Friday 18 April

0930-1000 Gathering/ presentation.  
1000-1200 Kihon & Kata  
1200-1300 Lunch  
1300-1330 Camp photo  
1330-1430 Session  
1430-1500 Paus  
1500-1530 Theory Shihan Collins  
1530-1700 Session  
1800 Shokyu shinsa/ Kyu-grading

### Saturday 19 April

0900-0945 Session  
1000-1200 Session  
1200-1300 Lunch  
1300-1330 Theory Shihan Söderkvist  
1330-1500 Session  
1500-1530 Pause  
1530-1630 Session  
1700 Shodan shinsa

### Sunday 20 April

0900-1030 Session  
1030-1130 Lunch  
1130-1200 Theory Shihan Nygren  
1215-1330 Shinsa no kumite  
1330-1400 Result, ending



## Enrolment

**Register your participation now to Sensei Johan Isberg:**

eastercamp2014@hotmail.com

Please make your choice in the enrolment:

**A** Name, club and grade

**B** 3 Days Easter Camp only 700 SKR

- 3 Days Easter Camp inc 3 lunch: 900 SKR

- We offer FREE breakfast.

**C** Vegetarian option.

**D** Dan or Kyu-grading

More information:

Shihan Söderkvist +46-70-860 07 87

Sensei Isberg +46-70-669 09 94

## Instructors

### SHIHAN COLLINS



Lived as Uchi-deshi in Honbu Dojo, made 100-nin kumite,

European Champion, All Japan runner up, author of books and video. Just out standing!

### SHIHAN NYGREN



Gave good leadership a face, 10 times Swedish

Champion, the coach of the coaches. Just humble!

### SHIHAN SÖDERKVIST



All Japan best six, never ending his search for new ways and the use of old once. Just spirit!