

Summercamp 2010

Wednesday July 7th - Sunday July 11th



WHEN

Wednesday July 7th through Sunday July 11th

WHERE

Kongstenhallen in Fredrikstad, Norway

WHO

Shiomitsu Sensei 9th. Dan Hanshi Shihan

Kazutaka Otsuka Sensei



REGISTRATION, PRICES AND PAYMENT

Please register to Alsak Nilsen, who can be reached via e-mail: asl-ar@online.no

Payment is to be made to account: 6120.05.71117

IBAN: NO03 6120 05 71117 , SWIFT code: NDEANOKK

Mark payment with "Summercamp 2010 + Your name"

Pay before June 1th (discounted price):

Wado Academy members NOK 1 000 full course or NOK 150 per session
Others NOK 1 200 full course or NOK 200 per session

Pay "at the door":

Wado Academy members NOK 1 100 full course or NOK 200 per session
Others NOK 1 300 full course or NOK 200 per session

Wado Ryu Norway welcomes you to Fredrikstad!

Schedule:

| TIME | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|---|---|---|-----------------|
| 09.00 - 09.50 | Registration | Krav Maga selfdefense Knut Nerheim | Krav Maga selfdefense Knut Nerheim | | |
| 10.00 - 12.00 | Training with Shiomitsu Sensei Kazutaka Sensei | Training with Shiomitsu Sensei Kazutaka Sensei | Training with Shiomitsu Sensei Kazutaka Sensei | Training with Shiomitsu Sensei Kazutaka Sensei | Breakfast 10.00 |
| 12.00 - 13.00 | Lunch | Lunch | Lunch | Dan grading - 12.30 Shiomitsu Sensei | |
| 13.30 - 14.30 | Dan Shiomitsu Sensei | Dan Shiomitsu Sensei | Dan Shiomitsu Sensei | | |
| 13.30 - 14.30 | 4 - 1. kyu Kazutaka Sensei | 4 - 1. kyu Kazutaka Sensei | 4 - 1. kyu Kazutaka Sensei | | |
| 13.30 - 14.30 | 9 - 5.kyu Instructors from WRN | 9 - 5.kyu Instructors from WRN | 9 - 5.kyu Instructors from WRN | | |
| 14.45 - 15.30 | Kumite/ Kata | Kumite/ Kata | Kumite/ Kata | Kyu grading - 14.00 | |
| Evenings | Wado Ryu Norge årsmøte Football tournament :-) | "Hvalbiff aften" - whale steak feast! | "Stjerneløype" - barbecue and fun! | Sayonara Party! Results from grading :-) | |

Sayonara Party Saturday night!! (more info. will be provided at the camp).

Where to stay:

Gamlebyen Pensjonat - phone number: + 47 69 32 20 20. E-mail: post@gamlebyen-pensjonat.no

Quality Hotel Fredrikstad - phone number: +47 69 39 30 00. E-mail: q.fredrikstad@choice.no

Fredrikstad Motel og Camping - phone number +47 69 32 03 15

Please use the reference **Wado Ryu Norway (Norge) - idrettspris** when making your reservation.



SEE YOU IN FREDRIKSTAD!