

# EASTER CAMP

2-4 of April 2010  
in Östersund, SWEDEN.



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

This is the 27th 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, Baltic States 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 2 of April at 0930.

End: Sunday 4 of April at 1500.

*Welcome  
Östersunds Budo Kai*



**Theme of the Camp  
Uchi Dachi/Shi Dachi**





**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 restaurant, where most of the camp participants are eating, we are offering this year: 2 breakfast, 3 lunch and camp fee for only 800 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 Centre.

**Sleeping**

Make your own reservation.

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

**Alt 2:** Hotel Emma 063-51 78 40 or 020-51 78 40. From 400-330 SKR/ person in double/ triple room with breakfast.

**Alt 3:** STF Vandrarhem Östersund/ Fornborgen is a new opened hostel. Rooms with WC or apartments with kitchen, WC and shower.. From 140 SKR, Fornborgsvägen 15, 063-139100.

Confirm that you are a Easter Camp participant at the hotel reservation.

**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.

**Program**

**Friday 2 April**

- 0930-1000 Gathering/ presentation.
- 1000-1200 Kihon, Kihon renraku, The spirit
- 1200-1300 Lunch
- 1300-1330 Camp photo
- 1330-1430 Kumite renraku
- 1430-1500 Paus
- 1500-1530 Theory Shihan Collins
- 1530-1700 Kumite keiko
- 1800 Shokyu shinsa/ Kyu-grading

**Saturday 3 April**

- 0900-0945 Meditation
- 1000-1200 Kata keiko, feedback
- 1200-1300 Lunch
- 1300-1330 Theory Shihan Söderkvist
- 1330-1500 Kata keiko
- 1500-1530 Pause
- 1530-1630 Kumite taiso (Dan-aspirants are resting)
- 1700 Shodan shinsa

**Sunday 4 April**

- 0900-1030 Ki-gympa
- 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:**

johanisberg@telia.com

Please make your choice in the enrolment:

**A** Name, club and grade

**B** 3 Days Easter Camp only 600 SKR

- 3 Days Easter Camp inc 3 lunch: 800 SKR

- We offer FREE breakfast.

**C** Special food requirement; vegetarian and vegan 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 outstanding!

**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!