

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!