

# EASTER CAMP

19 of April - 21 of April -19  
in Östersund, SWEDEN.



*Come, practice, learn and have a lot of good fun in our new dojo.*

This is the 36th 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.

From now we are in our new dojo, opened in October -14. In the exact centre of the city on the University Campus: Akademigatan 7, Hus V.

## Introducing

Shihan Howard Collins  
8 Dan

Shihan Håkan Nygren  
6 Dan

Shihan Michael Söderkvist  
7 Dan

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

Location: Akademigatan 7,  
Hus V, Östersund, Sweden.

Start: Friday 19 of April at  
0930.

End: Sunday 21 of April at  
1500.

*Welcome*  
*Östersunds Budo Kai*



**Theme of the Camp**

**X**





## 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 offering a lunch option, tasty coffee and snacks. As we now are at a new location there are more options for food in the city. But as it is Easter we recommend you to choose the lunch offer. For those of you who sleep in the dojo you can use our refrigerators for breakfast/food.

### Sleeping

Make your own reservation.

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

**Alt 2:** Hotel Emma +46-63-51 78 40.

From 450 SKR/ person in double room with breakfast (ref KARATE).

**Alt 3:** STF Vandrarhem Östersund/ Ledsryset. From 360 SKR, +46-63-103310.

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

All these hostels are in walking distances.

### Grading possibility (NEW)

Kyu-grading and 1-3 Dan grading. For Dan-grading, (only part 2 kumite) after confirmation from the SKK Technical Committee (Pres. Shihan Michael Söderkvist) Bring a health declaration with you.

All grading participants: Bring your EKO/ Kyokushin pass and a permission from your instructor. Grading fee for Kyu examination is 150 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 19 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 20 April

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

### Sunday 21 April

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



## Enrollment

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

eastercampsd@yahoo.com

Please make your choice in the enrolment:

**A** Name, club and grade

**B** 3 Days Easter Camp only 750 SKR  
or 3 Days Easter Camp inc 3 lunch:  
1000 SKR

**C** Vegetarian option.

**D** Dan or Kyu-grading

More information:

Shihan Söderkvist +46-70-860 07 87

Sensei Isberg +46-70-669 09 94

**PAY WITH SWISH 123 032 15 13**

Attention: Enter your choice as above.

**Last day of enrollment:  
Monday 15 of April.**

## Instructors

### SHIHAN COLLINS



Lived as Uchideshi 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!