



Norwegian Shotokan Federation

Invites all Shotokan karate-kas to



30 YEARS ANNIVERSARY SUMMER CAMP 2010

Location: NORWAY - Fredrikstad, Kongstenhallen – ([Googlemap](#))

Time: Thursday 1st – Sunday 4th July 2010 (Week 26)

Price: 1000/700 (kids <10 year) NOK (12-14 sessions/150 NOK per session)



**Aidan Trimble 7.dan, Richard Amos 6.dan
Tom Kompier 6.dan, Scott Langley 5.dan**

FOUR GREAT INSTRUCTORS!

Book these days in week 26 and take the opportunity to train with these fantastic instructors. During the camp you will have the opportunity to train with all four instructors. There are two to four sessions per day but you will still have plenty of time to enjoy your stay in the charming city of Fredrikstad. The camp takes place in the old town just beside a great outdoor bathing facility.

Schedule:

Thursday:	09:45-12:00 AM	05:00-06:30 PM	Training for all	(3 sessions in total)
		04:00-05:00 PM	Instructors class min. 2.dan	👉👉
Friday:	09:45-12:00 AM	05:00-06:30 PM	Traning for all	(3 sessions in total)
		04:00-05:00 PM	Instructors class min. 2.dan	👉👉
		07:00-00:00 PM	BARBECUE/ KARAOKE	
Saturday:	10:15-12:30 AM	02:00-04:15 PM	Training for all	(4 sessions in total)
		04:30-06:30 PM	Kyu/ Dan grading	
		07:30- PM	PARTY	
Sunday:	11:00-12:15 AM	00:30-01:30 PM	Training for all	(2 sessions in total)



Special price per person for foreign groups (booking together):

Between	Price	Between	Price	Accommodation prices
1- 5 =	1000 NOK	16- 20 =	700 NOK	It's varying prices due to double room or trippel room (300 per person per night). It's also possible to live in tent (cheaper) Accommodation is from Wednesday to Sunday (4 nights)
6- 10 =	900 NOK	21- 25 =	600 NOK	
11- 15 =	800 NOK	26- 30 =	500 NOK	

Technical commité:



Robert Hagen 6.dan



Håkon Fredriksen 5.dan



Pål Erik Hansen 5.dan



Rune Nilssen 5.dan

Booking contact: Pål Erik Hansen palerik@trondheimkarate.com Cell: +47 93241006