



# Norwegian Shotokan Federation

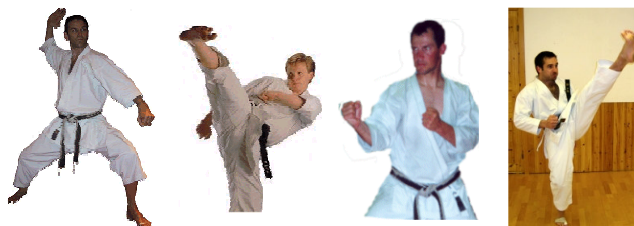
invite all Shotokan karate-kas to



# SUMMER CAMP 2006 IN NORWAY

**Where** : Fredrikstad, Kongstenhallen  
**When** : Thursday 29<sup>th</sup> of June – Sunday 2<sup>nd</sup> of July  
**Price** : **800,- NOK** (8 sessions)/150,- NOK per session)

Sensei Richard **Amos** 6.dan  
 Sensei Aidan **Trimble** 6.dan  
 Sensei Tom **Kompier** 5.dan  
 Sensei Scott **Langley** 4.dan



**We repeat last year's success with 4 instructors!**

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

**Spend 2-3 days of your summer holidays in Fredrikstad!**

TRAINING:	Thursday:	10:00-11:30 AM	05:00-06:30 PM	Training for everybody
			04:00-05:00 PM	Extra for black belts
	Friday:	10:00-11:30 AM	05:00-06:30 PM	Training for everybody
			04:00-05:00 PM	Extra for black belts
			07:00-08:00 PM	<b>SHOTO-CUP</b>
			09:00-11:00 PM	<b>BARBECUE</b>
	Saturday:	10:30-12:00 AM	02:00-03:30 PM	Training for everybody
			04:30-06:30 PM	Kyu/ Dan grading
			07:30- PM	<b>BOATING TRIP, PARTY</b>
	Sunday:	11:00-12:30 AM	02:00-03:30 PM	Training for everybody



Last years participants



Where to stay: Fredrikstad Motell & Camping

Torsnesvn.16, Gml. Fredrikstad  
Phone. +47 69 32 03 15

Last info about the camp:

[www.shotokannorge.org](http://www.shotokannorge.org)

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