

Swiss Shotokan Karate Do Federation SSKF

tk@karate-sskf.ch ♦ www.karate-sskf.ch

SSKF – Swiss Shotokan Karate-do Federation

Summer Camp (Natsu-No-Gasshuku) 2016

Welcome to the annual Natsu-no-Gasshuku (summer camp) of Swiss Shotokan Karate-do Federation (SSKF)! Following you will find all details. SSKF and their instructors and members practice traditional Shotokan Karate-Do according to the teachings of Master Gichin Funakoshi. This summer camp is led by the instructors mentioned below. The annual camp is for all karate practitioners of Shotokan Karate-Do. Clubs of other Federation are also welcome.

- Date Monday, 11th of July 2016 to Friday, 15th of July 2016 1
- 2 Location SPAI Locarno / Palestra SPAI Scuola Professionale Artigianale Industriale Via alla Morettina 3, 6601 Locarno, Tessin / Switzerland ATTENTION : new training hall this year !
 - Instructors Zübeyir Sahin, 6. Dan / Director WSKF Switzerland • (Sensei)
 - Silvio Campari, 6. Dan / Coach Italian National Team E.S.K.A. •
 - Sait Ucan, 6. Dan / Multiple Turkish Champion •
 - Bahattin Kandaz 6, Dan / 2x Vice-World Champion WKF •
 - Marco Girardi, 6. Dan / European Champion SKIF .
 - Antimo Pascarella, 5. Dan / Guest Instructor DKV Germany .
 - Antonio del Gaizo, 5. Dan / Guest Instructor SKF
 - Pietro Angiolillo, 5. Dan / Vice-European Champion WSKF
 - Murat Sahin, 4. Dan / World Champion WSKF •
 - Rojomon Nagaroor, 3. Dan / Vice-World Champion WSKF
 - Andrea Bornhauser, 3. Dan / World Champion WSKF

4 Fee

3

- Adults from 21 years old (Born in or before 1995):
 - Fr. 250.--Instructor course + Kata course and/or Kumite course + reg. training
 - Fr. 250.--Exam preparation + Kata course and/or Kumite course + reg. training
 - Fr. 220.--Kata course and/or Kumite course + regular training
 - Fr. 200.--Instructor's course or reg. training
- Children/Juniors up to 20 years (Born in or after 1996):
 - Instructor course + Kata course and/or Kumite course + reg. training Fr. 220.--
 - Fr. 220.--Exam preparation + Kata course and/or Kumite course + reg. training
 - Fr. 190.--Kata course and/or Kumite course + regular training
 - Fr. 170.--Instructor's course or reg. training

DISCOUNT FOR FAMILIES:

- First family member \rightarrow pays the full fee.
- From second member on => 50% discount on training fee.

ATTENTION:

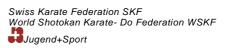
Morning:

The instructor course and exam preparation course are held at the same time. Whoever decides for the instructor course, must attend this course for the whole week. The same applies to the exam preparation course.

The Kumite course takes place after the regular training in the afternoon (Tuesday & Thursday). Also for this course, one has to decide at the beginning of the camp. Afternoon:

The Kata course takes place after the regular training (Monday, Tuesday & Wednesday). Also for this course, one has to decide at the beginning of the camp.



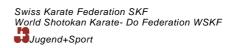


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5	Payment	Each Dojo leader must pay the total fee at the beginning of the camp (No partial payment possible), on <u>Monday, 11th of July 2016 at 9:15) in cash</u>
6	Instructor course	The instructor course can only be attended by holders of black- or brown belt. All participants must be registered with the attached form.
7	Kata course and Kumite course	The <u>Kata course</u> is held on Monday and Tuesday afternoon (from blue belt on), as well as on Wednesday morning (from white belt on). All participants must be registered with the attached form.
		The <u>Kumite course</u> is for holders from orange belt on (7 th Kyu). All participants must be registered with the attached form.
8	Exam Preparation	Participants, who are taking the Dan Examination on Friday, are able to train each morning during the instructor course for their upcoming exam.
9	Candidates for DAN examination.	For each <u>Shodan</u> candidate, the dojo leader has to submit an application to the technical committee (TC) according to the regulation of the federation. The application must mention that the candidate is physically, mentally and technically ready to take the exam in terms of traditional Karate-Do as a martial art. Additionally, each candidate for <u>Shodan</u> and <u>Sandan</u> has to hand in a thesis about "What is Karate-Do" to the technical committee by mail or E-mail at the latest until <u>30th of June 2016</u> to the following address: <u>Sensei Marco Girardi, Oberer Chaletweg 6, 3072 Ostermundigen,</u> <u>E-Mail: marco.girardi@bluemail.ch.</u> <u>From Nidan on</u> : Only those participants who are invited by the technical committee (TC) are allowed to take the exam.
10	Registration	Registration deadline is 30th of June, 2016 The registration must be done by the Club or School. Every karate practitioner is allowed to participate! Everyone is welcome, regardless of federation and style. The completed registration forms should be sent to the following address by E- Mail: <u>Sensei Marco Girardi, E-Mail: marco.girardi@bluemail.ch</u>
11	Information TC (Technical Committee)	Sensei Zübeyir Sahin, 6.Dan /Tel: +41 61 691 3526 / Mobile: +41 79 423 5014 Sensei Marco Girardi, 6.Dan / Mobile: +41 79 327 2016
12	Meeting point	First day of training (Monday), directly in the hall at 09:15.
13	Accommodation	Each participant has to organize their accommodation by themselves. The technical committee will gladly help if needed.
14	Insurance	If needed, each participant has to get their own insurance.
15	Other	Important: The hall, changing rooms, toilettes and showers must not be left dirty. Waste must be removed appropriately.



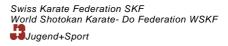
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Time table

Day Time	Monday	Tuesday	Wednesday	Thursday	Friday
05.00 - 06.15			Special training Power+Stamina (optional)		
06.15 - 08.30					
08.30 - 09.30		Instructor course or Exam Preparation	Instructor course or Exam Preparation	Instructor course or Exam Preparation	or Exam Preparation
09.30 – 11.00	Regular training Kihon, Kata 9. Kyu-Dan	Regular training Kihon, Kata 9. Kyu-Dan	Regular training Kihon, Kata 9. Kyu-Dan	Regular training Kihon, Kata 9. Kyu-Dan	Regular training Kihon, Kata 9. Kyu-Dan
11.00 – 12.00		Kumite-Training 7. Kyu – Dan	Kata-Bunkai for all 9. Kyu-Dan	Kumite-Training 7. Kyu – Dan	
12.00 – 15.30					12.00 – ca. 15.30 Belt Exams Kyu to 5. Dan
16.30 – 18.00	Regular training Kihon, Kumite 9. Kyu-Dan	Regular training Kihon, Kumite 9. Kyu-Dan		Regular training Kihon, Kumite 9. Kyu-Dan	
18.00 – 18.45	Kata course 5. Kyu – Dan <i>Bassai-Sho</i>	Kata course 5. Kyu – Dan Gojushiho-Dai			



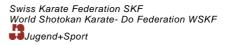


Summer camp (Natsu-No-Gasshuku) – Presence list

Club / School:

Name	Mor	nday	Tue	sday	Wednesday M N		Thursday M N		FR
	Μ	nday N	М	sday N	М	N	М	Ň	М
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Summer camp (Natsu-No-Gasshuku) - Registration

Club / School:	
Dojo leader:	
Address:	

Nr.	Last name, First name	Grade	Adult	Junior	Child	Fee
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

Total number of participants:	Total fee:
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Please copy this form when more than 17 participants. Thank you.



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Summer camp (Natsu-No-Gasshuku) **Registration Instructor course** => held by: Sahin Sensei, Pietro Sensei, Rojomon Sensei

and Andrea Sensei

Club / School:	
Dojo leader:	
Address:	

Last name, First name	Grade



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Summer camp (Natsu-No-Gasshuku) **Registration Kata course (Special)** Sahin Sensei, Silvio Sensei, Murat Sensei => Held by:

Club / School:	
Dojo leader:	
Address:	

Last name, First name	Grade



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Summer camp (Natsu-No-Gasshuku) **Registration Kumite course (Special)** Bahattin Sensei, Murat Sensei and Rojomon Sensei => Held by:

Club / School:	
Dojo leader:	
Address:	

Last name, First name	Grade



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Swiss Karate Federation SKF World Shotokan Karate- Do Federation WSKF Jugend+Sport

Summer camp (Natsu-No-Gasshuku) **Registration Exam preparation for DAN** Marco Sensei and Murat Sensei => held by:

Club / School:	
Dojo leader:	
Address:	

Last name, First name	Grade