

**25.08 - 27.08**

# SPORTSKARATECAMP 2017

**ELITE CAMP AND TOURNAMENT FOR FIGHTERS + 8 YEARS OLD**

## THE ORGANISERS

**SPORTSKARATE.DK** consists of the absolute best of the Danish karate elite. We are an extremely efficient trainer team of successful and experienced athletes. Our instructors have represented the majority of the Danish national team in karate for the past several years, and all instructors have won several Danish championships and medals at European and World Championships. We are the most successful elite-fighters in Denmark ever!

## THE CAMP

**SPORTSKARATE.DK** Camp originates from a burning desire to create a framework for the elite among some of Europe's best karate fighters. Simply said, the young people are matched with equally skillfull fighters in hard training to be inspired, improve their skills, and first and fore most experience "randori" training and competition. Randori means continuous fighting, by which each fighter gets the possibility to train specifically in respect to individual needs against equal opponents from all over Europe.

## FACILITIES

The training camp takes place in the center of Aalborg. We have Nordkraft Culture- and Sportscenter available for both training and tournament for all three days. It's possible to stay in classrooms in Nordkraft, all facilities are nothing but perfect for this years's training camp.



## THE TOURNAMENT ON SATURDAY 26.08

WKF rules

The tournament is arranged in pools all against all.

Age	Boys	Boys	Boys	Boys	Boys	Boys	Girls	Girls	Girls	Girls	Girls
<b>U11</b>	-	-	-	-	-	-	-	-	-	-	-
<b>U14</b>	-33	-38	-43	-48	-53	+53	-35	-40	-45	-50	+50
<b>U16</b>	-45	-52	-57	-63	-70	+70	-47	-54	+54	-	-
<b>U18</b>	-55	-61	-68	-76	+76	-	-48	-53	-59	+59	-
<b>+18</b>	-60	-67	-75	-84	+84	-	-50	-55	-61	-68	+68

## NB!

Children U11 will also be placed in categories after weight.

# REGISTRATION BEFORE 11.08

PLEASE CONTACT ORGANISER IF YOU WANT TO PARTICIPATE:

[allanbusk@gmail.com](mailto:allanbusk@gmail.com)

**PAYMENT CASH ON FRIDAY 26.08 AT THE REGISTRATION OR BANK TRANSFER**

Account: ..... 0001157339  
Registration:..... 7459  
IBAN account:..... DK74590001157339  
SWIFT:..... NRSBDK24

60 euro per person for training all three days.

40 euro per person for full board all three days.

10 euro per person to participate in the competition.

10 euro for accomodation per person in a classroom in Nordkraft. Bring sleeping bags and air mattress.

**Nordkraft Culture - and Sportscenter  
Kjellerups Torv  
9000 Aalborg  
Denmark**



## HOTELS

### HOTEL AALBORG

[www.hotel-aalborg.com](http://www.hotel-aalborg.com)  
100 meters from Nordkraft

### FIRST HOTEL AALBORG

[www.firsthotels.dk](http://www.firsthotels.dk)  
200 meters from Nordkraft

### CABINN AALBORG HOTEL

[www.cabinn.com](http://www.cabinn.com)  
200 meters from Nordkraft

### RADISSON BLU AALBORG

[www.aalborg.radissonblu.com](http://www.aalborg.radissonblu.com)  
900 meters from Nordkraft

## TIMETABLE

### FRIDAY 25.08

Registration all fighters..... 15.00 - 18.00

Training  
(8-11 years)..... 16.00 - 17.00

Training  
(12-13 and cadet)..... 17.00 - 18.00

Training  
(Junior, U21 and senior)..... 18.00 - 19.00

Dinner..... 18.00 - 20.00

Theory and tactic masterclass  
for all nationalteam fighters  
and coaches..... 20.00 - 21.00

### SATURDAY 26.08

Breakfast..... 08.00 - 09.00

Training  
(8-11 years)..... 09.00 - 10.00

Training  
(12-13 and cadet)..... 10.00 - 11.00

Training  
(Junior, U21 and senior)..... 11.00 - 12.00

Lunch..... 12.00 - 13.00

Tournament all fighters..... 13.00 - 19.00

Dinner..... 18.00 - 20.00

Social evning..... 20.00 - 22.00

### SUNDAY 27.08

Breakfast..... 08.00 - 09.00

Training  
(8-11 years)..... 09.00 - 10.00

Training  
(12-13 and cadet)..... 10.00 - 11.00

Training  
(Junior, U21 and senior)..... 11.00 - 12.00

Sandwich and bye bye..... 12.00 - 13.00