



2nd May - 7<sup>th</sup> May 2010

## Sixth HKKO Kyokushinkai karate Spring Camp in Croatia



By now it has become a tradition, *the HKKO Kyokushinkai spring camp* on the island Cres-Losinj in Croatia.



The camp is as usual intended for Kyokushinkai-members as from 10th Kyu (white belts).

Youth is also welcome under accompaniment of a parent/attendant.

### Accompaniment

Also the non karateka's are most welcome again and do not need to be bored. Karate activities are always combined with activities for non-karateka's (if they want to, of course). Think of walks, hiking, excursions by boat and sightseeing. Further there are combined activities with the sportspeople.



### Surroundings

Cres-Losinj lies in Adriatic Sea off the peninsula Istria. The distance from Rotterdam to the village Veli Losinj, where the training will be kept, amounts to approx. 1525 km.

The island Cres-Losinj is 82 km long, with a highest point (a mountain) of 643 meters and a deepest point (a sweet water lake with) a depth of 73 meters.

The temperature on the island amounts to approximately 22 degrees Celsius in that period of the year.

Losinj is situated in a splendid bay and is surrounded by beautiful forests. Surroundings in which enough recreational activities can be undertaken; think thereby of walking, swimming, playing tennis, diving, miniature golf, table tennis, cycling, boating, etc.

### Trainings

For the karate-group a varied training programme has been composed. Attention is given to: kata exercises, fighting, condition trainings and meditation. Also you are being prepared to your following kyu-examination.

Examinations u/i 2<sup>nd</sup> Kyu can be taken.

Necessities with respect to registrations for examinations:

- karate passport
- with respect to 2nd kyu examinations, approval of teacher.



### Accommodation

You will spend the nights in (three stars) hotel Punta.



### Period

The karate camp will take place during the school spring holiday, this means: Present yourself on Sunday 2<sup>nd</sup> May 14.00 hrs. At 16.00 hrs during a welcome-drink the programme of the week will be announced.

### Teachers

The lessons are given by graduated teachers, amongst others Shihan Peter Voogt, 7<sup>th</sup> dan (kata-specialist Holland) and Shihan Vlado Haljer, 5<sup>th</sup> dan (organisator and Chairman H.K.K.O. Croatian Kyokushin Karate Organisation)

### Costs

Full Board 5 days per person from diner on May 2 u/i lunch on May 7. (In case of double room register by 2)	€ 275,--	€ 340,-- incl. training
Single room	€ 325,--	€ 390,- incl. training
4-persons apartment (4 persons full board)	€ 925,--	€ 65,-- p.p. supplement for training.

### To register

Deposit € 100,- on Postbank account 458014 in favour of J. Scholten (Rotterdam/Holland) with the communication "advance karate Croatia" and fill in the registration form (in case of questions: jenny.scholten@kpnmail.nl ). After receipt of this form the total amount will be calculated. This total amount has to be paid before April 1, 2010, stating the name of the person(s) concerned. When payment is done after this date € 25,- extra administration fee will be charged and the room cannot be guaranteed.

