

Summer Training Camp in Ellös 2010

JKF Wadokai Kyu Shin Kan Sweden

- When:** Thursday the 17th of June to Sunday the 20th of June.
We are gathering at Ellös' sporthall at 17.30 on Thursday the 17th .
- Guest instructor:** Kuniaki Sakagami, 7th dan JKF Wadokai, from England.
Nobuyuki Nukina, 4th dan JKF Wadokai, from Romania.
Japanese Wadokai Kumite Champion 1989&90
Japanese All Style Kumite Champion 1994&95
- Where:** Ellös' sports centre.
Transportation: By bus from the Nils Ericson terminal (Gothenburg central station) to "Ellös korsväg". Contact the local traffic's information service TidPunkten on +46 (0)771 41 43 00 or www.vasttrafik.se
By car from south: Take the E6 and exit towards Stenungsund on road 160. When you get to Varekil on Orust, change to road 178 towards Ellös.
By car from north: Take the E6 and change to road 160/161 at Torp, west of Uddevalla. At Rotviksbro, take a left to road 160. When you get to Varekil on Orust, change to road 178 towards Ellös.
- Training:** Thursday the 17th of June 18:30 – 20:00
Friday the 18th of June 07:00 – 18:00
Saturday the 19th of June 07:00 – 18:00
Sunday the 20th of June 07:00 – 16:00
- Dan grading:** There will be Dan examination.
- Groups:** We divide into adults' groups and children's groups.
- Equipment:** Karate dress, training suit and running shoes, bathing suit/trunks, personal care, change of clothes, sleeping equipment and a ground sheet, since we sleep on the floor.
- Food:** Breakfast, lunch and dinner are served in Ellös' school 300 m from the sports centre.

- Admission fee:** 1300 SKr. or 1000 Skr. without food.
The entry fee is 300 SKr, and is paid in net when you register for the training camp.
Forward your bank payment **in net**, to following bank account:
Bank: Nordea
Holder: Stenungsunds Karateklubb
IBAN: SE40 9500 0099 6042 4664 7749
BIC: NDEASESS (SWIFT code)
2nd of June at the latest.
The entry fee is not refundable.
- Sleeping:** We sleep in “Ellös Folkets Hus” (at the same complex as the sports centre); bring a sleeping bag and something to lie on.
You can also sleep in Sjögården, located about 300 meters from Ellös’ school. Phone +46 (0)304 – 510 30 and internet www.sjogarden.se
There is a youth hostel (STF) about 5 kilometers from Ellös Phone +46 (0)304 – 503 80 and internet www.toftagard.se
Stocken Camping is also located about 5 kilometers from Ellös.
Pricing: 4 bed or 6 bed cabins. Phone +46 (0)304 – 511 00 and internet www.stocken.nu
- Activities:** Ellös is located by the sea, and it is close to bathing and other recreations in the landscape. Special activities for the children are arranged.
- Application:** Send an application with your name and club and if you like to eat in Ellös’ school. We need your application the 2nd of June at the latest.
Email your application to summercamp@wadokaisweden.se or send it to:
Stenungsunds Karateklubb
Box 518
S-442 15 Kungälv
Sweden
- Liability:** The organizers exclude any form of liability whatsoever.
- Contact:** If you have any questions, please contact Thomas Leinfors
+46 (0)706780786 or send an email to summercamp@wadokaisweden.se

Useful links:

Maps:

<http://www.multimap.com/>

<http://kartor.eniro.se/>

Information about Gothenburg:

<http://www.goteborg.com/>

West Coast Region

http://www.vgregion.se/vgrtemplates/Page_____23208.aspx

West Sweden

http://www.vastsverige.com/templates/default_____747.aspx

sweden.se The official gateway to Sweden

<http://www.sweden.se/templates/cs/Frontpage.aspx?id=1898>

Airport information

http://www.lfv.se/default_____1062.aspx