

# Hokutoryu ju-jutsu SUMMER CAMP 2017

30.6-2.7 | Pajulahti  
Pajulahti Olympic Training Center  
Pajulahdentie 167, 15560 Nastola



## CAMP INSTRUCTORS

**Magnus Cederblad (SWE)**

**7. Dan**

Ju-jutsu 5 x European champion and 8 x Swedish champion, Taekwondo 1 x Nordic champion and 2 x Swedish champion, Judo 3 x Swedish champion, Thaiboxing 1x Swedish champion, Kickboxing 1 x Swedish champion, Kyokushin karate European cup winner

**Ottar Vassenden (NOR)**

**5. Dan**

**Auvo Niiniketo**

**10. Dan**

**Timo Hirvonen**

**8. Dan**

**Risto Vöntär**

**8. Dan**

**Kimmo Tenhunen**

**7. Dan**

**Kai Julin**

**5. Dan**

**Petri Kolehmainen**

**4. Dan**

**Kari Lehtonen**

**4. Dan**

## BELT EXAMS (KYU)

Sat 1th of July at the camp venue at 9.30 am. Belt exams of all levels can be taken at the camp.

## CAMP VENUE

The camp is held at Pajulahti Olympic Training Center. Pajulahti offers competitive and elite sports-related training facilities, coaching education and training camps for professional athletes and sportsmen. Read more about the camp venue: <http://www.pajulahti.com/en/>

## OUTDOOR TRAINING

Some of the trainings are held outdoors if the weather allows it. Bring shoes proper for outdoor training.

## REGISTRATION AND CAMP FEE

The camp fee is 50€ for those who accommodates at Pajulahti Olympic Training Center and 70€ for others. The camp fee can be paid by cash to the camp reception or in advance by bank transfer into Ju-jutsuklubi bank account: NORDEA FI58 2238 1800 0036 65. Last day to pay by bank transfer is on the 9th of June. Take a receipt of the bank transfer with you to the camp venue. The registration is at the camp reception on Friday 30th of June at 4pm.

**NOTE!** The camp reception is different from Pajulahti reception.



### Friday 30.6.

- 15.00 Check in
- 16.00 Camp reception opens
- 17.00 - 18.30 All belt grades
- 18.30 - 20.00 Dinner
- 21.00 - 22.00 Swimming and sauna by the beach

### Saturday 1.7.

- 06.30 Morning swimming and gymnastics
- 07.15 - 09.15 Breakfast
- 09.30 - 11.00 Belt exams
- 11.00 - 12.20 White, yellow, orange
- 11.00 - 13.30 Lunch
- 12.20 - 12.40 Opening ceremony
- 12.40 - 14.05 Green, blue, brown, black
- 14.10 - 15.35 White, yellow, orange
- 15.40 - 17.05 Green, blue, brown, black
- 16.30 - 20.00 Dinner
- 20.00 - 22.00 Swimming and sauna by the beach

### Sunday 2.7.

- 06.30 Morning swimming and gymnastics
- 07.15 - 08.00 Breakfast
- 08.30 - 10.00 All belt grades
- 10:00 - 10:45 Check out
- 10.45 - 12.00 All belt grades
- 12:00 - 13:30 Lunch

## ACCOMODATIONS

### Pajulahti Olympic Training Center

Sport standard Fri 30.6 - Sun 2.7  
142€/person, single room +50€

The sport standard accommodation is all inclusive (breakfast, lunch, dinner) and accommodation in 2-4 person rooms. The sauna by the beach is free to use between 6pm and 10 pm.

There is a limited amount of rooms available, so make sure to book your accommodation in time. The accommodation is booked directly from Pajulahti through this link:

<http://62.44.192.229/v12/kurssiilmo/paju/index.php?asio=Zmt1cnNzaTtjMzM3Mw>

Last chance to book the accommodation is on the 18th of June or as long as there are rooms available. Information about accommodation from Pajulahti Olympic Training Center Sari Mikkola sari.mikkola@pajulahti.com, +358 44 7755 210.

It is also possible to stay at the Pajulahti hotel, the extra fee for hotel is 20€/person. Hotel bookings are made directly to Sari Mikkola sari.mikkola@pajulahti.com or by phone +358 44 7755 210.

## JUNIORS

There is no training for juniors in the camp.

**Organizer:** Helsingin ju-jutsuklubi      **Website:** www.hokutoryu.com  
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