



## SSKF – Swiss Shotokan Karate-do Federation

### Summer Camp (Natsu-No-Gasshuku) 2018

**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.

- 1 **Date** **Monday, 9<sup>th</sup> of July 2018 to Friday, 13<sup>th</sup> of July 2018**
- 2 **Location** **SPAI Locarno / Palestra SPAI**  
Scuola Professionale Artigianale Industriale  
Via alla Morettina 3, 6601 Locarno, Tessin / Switzerland
- 3 **Instructors (Sensei)**
  - **Zübeyir Sahin, 6. Dan / Director SSKF Switzerland**
  - **Bahattin Kandaz 6. Dan / 2x Vice-World Champion WKF**
  - **Marco Girardi, 6. Dan / European Champion SKIF**
  - **Pietro Angiolillo, 5. Dan / Vice-European Champion WSKF**
  - **Murat Sahin, 4. Dan / World Champion WSKF**
  - **Andrea Bornhauser, 3. Dan / World Champion WSKF**
  - **Rojomon Nagaroor, 3. Dan / Vice-World Champion WSKF**
  - **And others guest instructors**
- 4 **Fee**
  - Adults from 21 years old (Born in or before 1997):
    - 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 1998):
    - Fr. 220.-- Instructor course + Kata course and/or Kumite course + reg. training
    - 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 (with the highest fee) → 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.



- 5 **Payment** Each Dojo leader must pay the total fee at the beginning of the camp (No partial payment possible), on Monday, 9<sup>th</sup> of July 2018 at 10:15 in cash
- 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 Kata course 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 Kumite course is for holders from orange belt on (7<sup>th</sup> 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 Shodan 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 Shodan , Sandan and Godan must write a thesis and to hand to the technical committee by mail at the latest until **30th of June 2018** to the following mail address: marco.girardi@bluemail.ch.  
From Nidan on: 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, 2018**  
***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: Sensei Marco Girardi, E-Mail: marco.girardi@bluemail.ch
- 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 10:15.
- 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.



## Time table

Day \ Time	Monday	Tuesday	Wednesday	Thursday	Friday
05.00 – 06.15			Special training Power+Stamina (optional)		
06.15 – 08.15					
08.15 – 09.30		Instructor course or Exam Preparation	Instructor course or Exam Preparation	Instructor course or Exam Preparation	Instructor Exam or Exam Preparation
09.30 – 11.00	<b>10.30-12.00 !!!            Only first training!</b> 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 <b>Belt Exams</b>  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>Meikyo</i>	Kata course 5. Kyu – Dan <i>Gojushiho-Dai</i>			

### During the regular training we will form following 5 groups:

- G1: 1. Kyu – Dan
- G2: 4. – 2. Kyu
- G3: 6. – 5. Kyu
- G4: 8. + 7. Kyu
- G5: 9. Kyu





## 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						
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**Total number of participants:**

**Total fee:**

Please copy this form when more than 17 participants. Thank you.









