



IKO MATSUSHIMA DENMARK

OKD

Oyama-karate Kyokushin Dojos

Introduce

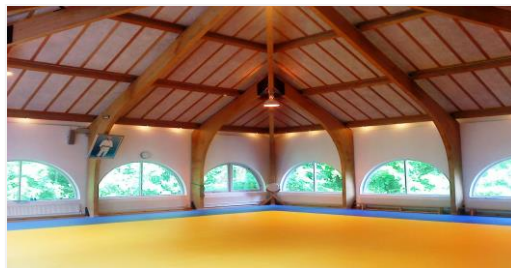
**6TH OYAMA KINEN GASSUKO**  
INTENSIVE & SPECIALISED KARATE TRAINING  
...with Sosai in our mind



This year is the 23rd anniversary of Sosai's death, the 6th Memorial Spirit Training Camp /Oyama Kinen Gassuko - and true to the tradition the camp will be held in his memory at the Bosei Budo high school {www.bosei.dk} in Denmark.

Moreover, this year's camp will be celebrating Roskilde Karate Centre's 25th anniversary.

**Shihan Marc Van Wallegem**, 6<sup>th</sup> Dan, from Belgium has been invited as specialised instructor to provide you with wide-ranging practical collections of martial art tools and to get a deeper insight in the technical interpretation of the kata movements (Bunkai).



**When:** The last weekend of June, starting on Friday 23<sup>rd</sup> with arrivals from 2pm, ending on Sunday 25<sup>th</sup> at 2pm.

**Where:** The camp is being held in the beautiful surroundings of [Bosei Budo High School](http://www.bosei.dk) in a Zen like nature southwest Denmark in the city of Præstø. The complex was originally a health resort and was later expanded with buildings inspired from the Japanese culture: a Budo hall, a sports hall, a swimming pool and new dormitories.



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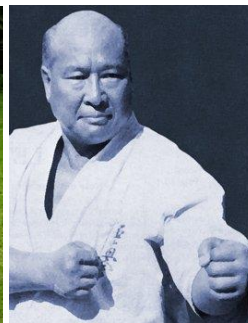
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### Who can take part?

Anyone can take part, no matter the age, gender or grade. The training programme is regulated in such a way that everybody will benefit from the camp.



**Intensive training around the clock:** You train and live after the cultural principles of Karate around the clock and the intensive training equals several weeks of normal training. The camp is your best opportunity to increase your technique and to get a deeper insight in Karate and Budo.



The spirit camp presents you with wide-ranging collections of martial art: such as the technical aspect of the syllabus, Honbu's original kumite training, variations of practical tools and exercises to lift your training spirit, develop your will to fight as well as didactics and methodology for instructors and coaches.





**Accommodation** The camp participants are being accommodated in rooms, all with windows to the attractive nature.



**Outdoor training:** Most of the training will be conducted outside, so remember to bring clothing for all kind of weather!!

Remember to bring:

- ✓ Sleeping bag, bed sheets, pillow cover and /or blanket
- ✓ 1 - 2 karate uniforms + Belt
- ✓ Shin pads and other protection
- ✓ Plenty of underwear and socks
- ✓ 2 - 3 sweat shirts
- ✓ Track suit
- ✓ Bathing suit (there is a public pool at the camp site)
- ✓ Running shoes
- ✓ 2 towels + toilet necessities
- ✓ IKO membership card
- ✓ Insurance and basic first aid articles
- ✓ Loads of training spirit and good mood
- ✓ All participants under 18 must bring a written permission and their parent(s) the phone number



## Price and application

**135 Euros / 995 Danish crowns** \* (**160 Euros** for applications done after May 31<sup>st</sup>)

The price includes the full camp, starting with dinner on Friday and concluding with brunch and afternoon forage on Sunday + transportation from and to the airport within the scheduled timetable.

If you wish to arrive and start the camp on Saturday morning after breakfast, the price is **80 euros / 590 Danish crowns**.

Under 18 years of age must bring their parents' signed approval with their phone number(s) and your instructor's agreement.

For camp applications and for further information contact [ikomatsushima@live.dk](mailto:ikomatsushima@live.dk)

**Camp T-shirt** You can buy a camp T-shirt. If you want to be certain to get it you can order it on the application form. The price is **20 Euros** - You may also buy the shirt on the camp if they are available.

### 2017 OYAMA SPIRIT CAMP PROGRAM:

#### FRIDAY:

- 2.00pm-6.00pm** Arrival and accommodation in rooms
- 6.00pm** Dinner
- 7.45pm** Info about Bosei Budo high school / Division into groups
- 8.00pm** Training (outdoor - bring shoes)
- 9.30pm** Workshop

#### SATURDAY:

- 6.00am** Morning practice (outdoor, bring shoes)
- 7.30am** Breakfast
- 10.00am** Training (Budo hall)
- 11.15am** Fighting training (bring protection)
- 12.30pm** Lunch
- 2.00pm** Stamina training with karate (outdoor - bring shoes)
- 3.30pm** Self-defense - Competitions
- 5.00pm** Training at the swimming pool
- 6.30pm** Dinner
- 8.00pm** Sayonara Party (entertainment)

#### SUNDAY

- (Night training - outdoor, bring shoes) ??*
- 5.30am** Grading tests (until 4-dan) (Budo Hall)
- 8.30am** Tidy up rooms (in charge: green belts & 2-kyu)
- 9.00am** Brunch
- 10.30am** Physical exams – Fighting tests
- 1.00-2.00pm** Closing ceremony and handover of certificates