

Hokutoryu ju-jutsu SUMMER CAMP 2019

7.6-9.6 | Pajulahti
Pajulahti Olympic Training Center
Pajulahdentie 167, 15560 Nastola



CAMP INSTRUCTORS

Alain Saily (FRA)	8. Dan
Magnus Cederblad (SWE)	7. Dan
Ottar Vassenden (NOR)	6. Dan

Top level Finnish instructors

BELT EXAMS (KYU)

Sat 8th of June at the camp venue at 9.30 am. Belt exams of all kyu 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.

JUNIORS

There are no separate training for juniors at the camp.

REGISTRATION AND CAMP FEE

The camp fee is 60€. 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 29th of May. Take a receipt of the bank transfer with you to the camp venue. The registration is at the camp reception, the reception opens on Friday 7th of June at 4pm.

NOTE! The camp reception is different from Pajulahti Olympic Training Center reception.



Friday 7.6.

- 15.00 Check in
- 16.00 Camp reception opens
- 17.00 - 18.30 All belt grades
- 18.30 - 20.00 Dinner
- 18.00 - 22.00 Swimming and sauna by the beach

Saturday 8.6.

- 06.30 Morning swimming and gymnastics
- 07.15 - 09.15 Breakfast
- 09.30 - 11.00 Belt exams
- 11.00 - 12.20 White, yellow, orange and blue belts training
- 11.00 - 13.30 Lunch
- 12.20 - 12.40 Opening ceremony
- 12.40 - 14.05 Green, brown, black belts training
- 14.10 - 15.35 White, yellow, orange and blue belts training
- 15.40 - 17.05 Green, brown, black belts training
- 16.30 - 19.00 Dinner
- 19.00 - Black belts sauna
- 18.00 - 22.00 Swimming and sauna by the beach

Sunday 9.6.

- 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 7.6 - Sun 9.6

144€/person

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.

It is also possible to stay at the Pajulahti Olympic Training Center hotel, the extra fee for hotel is 20€/person. For single room, there is an extra fee of 60€. If you wish to have the hotel accommodation or a single room, mention it in the spot for additional information during the registering. The availability of your request (hotel/single room) will be confirmed separately.

There is a limited amount of rooms available, so make sure to book your accommodation in time. The accommodation is booked directly from Pajulahti trough this link: <https://bit.ly/2FJDhVF>

Last chance to book the accommodation is on the 26h of May 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.

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