

Hokutoryu ju-jutsu

SUMMER CAMP 2022

10-12.6.2022 | Pajulahti Olympic Training Center
Pajulahdentie 167, 15560 Nastola



The camp is also the 60th Anniversary camp of Shihan Kimmo Tenhunen 7. Dan.

CAMP INSTRUCTORS

Several international masters as well as top level Finnish instructors.

BELT EXAMS (KYU&MON)

Sat 10th of June at the camp venue at 9.30 am. Belt exams of all kyu and mon 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

The camp for junior fighters is from Fri-Sun. More information [from here](#) (in Finnish).

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 31st 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 10th of June at 4pm.

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



Friday 10.6.

- 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 11.6.

- 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
- 18.00 - 22.00 Swimming and sauna by the beach

Sunday 12.6.

- 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

The prices include 2 x dinner, 2 x breakfast ja 2 x lunch), 6-16y prices in parentheses:

- sport standard shared 2–3-person room 146 €/person (138€)
- hotel shared 3–4-person room 166 €/hlö (150€)
- hotel shared 2-person room 176 €/hlö 160€)
- hotel 1 person room 226 €

There is a limited number 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/375Fudn>.

Last chance to book the accommodation is on the 30th 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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