



SSKF – Swiss Shotokan Karate-do Federation

Summer Camp (Natsu-No-Gasshuku) 2016

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, 11th of July 2016 to Friday, 15th of July 2016**
- 2 **Location** **SPAI Locarno / Palestra SPAI**
Scuola Professionale Artigianale Industriale
Via alla Morettina 3, 6601 Locarno, Tessin / Switzerland
ATTENTION : new training hall this year !
- 3 **Instructors (Sensei)**
 - Zübeyir Sahin, 6. Dan / Director WSKF Switzerland
 - Silvio Campari, 6. Dan / Coach Italian National Team E.S.K.A.
 - Sait Ucan, 6. Dan / Multiple Turkish Champion
 - Bahattin Kandaz 6. Dan / 2x Vice-World Champion WKF
 - Marco Girardi, 6. Dan / European Champion SKIF
 - Antimo Pascarella, 5. Dan / Guest Instructor DKV Germany
 - Antonio del Gaizo, 5. Dan / Guest Instructor SKF
 - Pietro Angiolillo, 5. Dan / Vice-European Champion WSKF
 - Murat Sahin, 4. Dan / World Champion WSKF
 - Rojomon Nagaroor, 3. Dan / Vice-World Champion WSKF
 - Andrea Bornhauser, 3. Dan / World Champion WSKF
- 4 **Fee**
 - Adults from 21 years old (Born in or before 1995):
 - 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 1996):
 - 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 → 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, 11th of July 2016 at 9:15) 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 (7th 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 and Sandan has to hand in a thesis about "What is Karate-Do" to the technical committee by mail or E-mail at the latest until **30th of June 2016** to the following address:
Sensei Marco Girardi, Oberer Chaletweg 6, 3072 Ostermundigen,
E-Mail: 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, 2016***
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 09:15.
- 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 – 08.30 | | | | | |
| 08.30 – 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 | 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 Belt Exams 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>Bassai-Sho</i> | Kata course 5. Kyu – Dan <i>Gojushiho-Dai</i> | | | |



Summer camp (Natsu-No-Gasshuku) - Registration

Club / School: _____

Dojo leader: _____

Address: _____

| Nr. | Last name, First name | Grade | Adult | Junior | Child | Fee |
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Total number of participants:

Total fee:

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

