



Welcome to the open seminar!
Kaizenkai Bujutsu Kenkyokai presents



NINBUKAN SUMMER CAMP

24-26 of August 2012

In cooperation with JiuJitsu International and WTMAS by



Soke Richard Morris, 10 dan jiuJitsu (UK)
soke Jan-Erik Karlsson, 10 dan jujitsu
soke Leif Hermansson, 10 dan hanshi
Olga Hermansson, 2 dan iaido

Training in: 1-3 days of excellent training in the beautiful archipelago of Stockholm, Sweden. You can train Okinawa kobudo, karate, jujitsu, iaido & battojutsu with famous masters. We train outdoors with nice weather with the sea, or in case of bad weather in our Dojo Ninbukan in the city of Åkersberga, with address Stationsvägen 10 (behind the busterminal, 100 meters from train station and the shopping centre).

Before the seminar (or after) you have time to go to sight seeing in Stockholm to see Wasa ship, old town, Kings castle, Viking town Birka etc or go to the beach for swim or just relax in the sun if you like.

Schedula: Friday: 18-20 (adults and teenagers +13 only)
Saturday: 12-14 & 15-18, children (-13) 10-12
Sunday: 11-13 & 14-17, children (-13) 10-12
All gradings on Sunday from 15 in karate, kobudo, iaido and jujitsu.

Admission Fees:

	With pre registration before 1 of August:	by 12 of august	in cash, at the door
For Friday:	adults: 30 euro	40 euro	45 euro
For Saturday or Sunday:	For children: 30 euro/ adults: 55 euro	40/65 euro	50/75 euro
For All days:	For children 50 euro/ adults 130 euro	60/140 euro	70/150 euro

To be paid to Kaizen bank account: Nordea Bank: Kaizen Plusgiro 433 649-1, IBAN number: SE61 9500 0099 6026 0433 6491, BIC: NDEASESS

Sauna and Barbeque: On Saturday evening 19.00 we have a barbeque – garden party and Sauna (if you wish) for free! Bring your own food and drink with you. We have the sauna, the beach and the grill.

How to get there from Stockholm?

By you own car with E18 to north to Norrtälje, after 15 km from Stockholm take right to Åkersberga, or by local train to Österskär stop in Åkersberga from Östra station with Tekniska Högskolan underground station, or by boat from Strömkajen outside of Grandhotel in Stockholm city to Lervik bridge (about 1 hour 30 min). More information by internet (see below).

Welcome!.

KAIZEN - INTERNATIONAL MARTIAL ARTS & SECURITY ACADEMY

Address: Stationsvägen 10, 184 50 Åkersberga, Sweden
Internet: www.kaizenkai.se
Tel: +46 (0)73-835 66 99
E-mail: info@kaizenkai.se

