

Summer Camp Fredrikstad 2011

Once again NSF has the pleasure of inviting you to a unique karate experience in the fortified town in Fredrikstad, Norway. Four great instructors in four seperate classes, twice a day* for four days. New of this year we will be introducing special theme classes. Be a part of this great gasshuku **June 30th - July 3rd** in Kongstenhallen, Fredrikstad Norway!

*Thursday and Friday: extra instructor classes for Nidan grade and higher, and theme classes open for all.

- **AIDAN TRIMBLE** (7. dan)
- **RICHARD AMOS** (6. dan)
- **TOM KOMPIER** (6. dan)
- **SCOTT LANGLEY** (5. dan)

| Thurs. June 30th | Fri. July 1st | Sat. July 2nd | Sun. July 3rd |
|---------------------------|---------------------------|---------------------|-----------------|
| 09:45-12:00 All | 09:45-12:00 All | 10:15-12.30 All | 11:00-12:15 All |
| 16:00-17:00 < Nidan/theme | 16:00-17:00 < Nidan/theme | 14:00-16:30 All | 12:30-13:30 All |
| 17:00-18:30 All | 17:00-18:30 All | 16:30-18:00 Grading | |
| | 19.00 Grillparty | 19:30 Party | |

See next page for pricing and accomodation assistanse or contact NSF. See contact information below.



Prices

Special pricing pr. person for foreign groups:

| Persons | Price* | Persons | Price* | Accommodation |
|---------|--------|---------|--------|---|
| 1 to 5 | 1000,- | 16-20 | 700,- | Prices vary depending on the booking of either a 2-or 3-bedded room (at least NKR. 300,- per person per night). It is also possible and stay in tents at a much cheaper price. Accommodation at motel / guest-house from Wednesday to Sunday. |
| 6-10 | 900,- | 21-25 | 600,- | |
| 11-15 | 800,- | 26-30 | 500,- | |

* All prices are in Norwegian Crowns and per person.

NSF's technical committee



Pål Erik Hansen 5. dan



Håkon Fredriksen 5. dan



Rune Nilsen 5. dan



Sven Dårflot 4. dan