



budokan

S K E L L E F T E Å ● S W E D E N

KANGEIKO

16 jan - 18 jan 2015

Welcome to the second annual international Kangeiko-seminar in Skellefteå, Sweden

Shimbukan is proud to welcome kendokas of all levels and ages to our annual seminar up here in the north. The theme for the weekend is Kangeiko which is winter training, we plan on having some outside kendo activities in the snow for those brave and tough enough to join us. But rest assured the majority of the seminar is indoors in one of Swedens absolute best kendo venues Skellefteå budokan. The whole weekend will be on the campus area in Skellefteå, you will sleep here, train here and party here and it is just a 10 min walk from the town centre



The seminar will be led by Tibor Barany Sensei, 7th dan from Budapest, Hungary. He will be assisted by Kari Jääskeläinen, 6 dan from Helsingfors, Finland

This seminar will apart from the obvious theme focus allot on having fun together both in the dojo and outside. This is the reason that we will have the outside kendo but also why we have set of time afterwards to enjoy a warm sauna or maybe just relax and socialize with the other kendokas in our brand new dojo on the ground floor of the Skellefteå Budokan.

Preliminary Schedule

Friday

18.30 - 21.30 keiko and opening.

Saturday:

08.30 - 11.00 keiko

11.00 -12.00 Kata + kangeiko rehearsal.

12.00 – 14.00 Lunch

14.30 – 16.00 KANGEIKO

16.00 – 17.30 Sauna warm-up/ free time in Dojo

17.30 - 19.30 keiko

20.30 party – Winter BBQ!

Sunday

8.30 - 11.30 keiko

11.30 – 13.00 Lunch

13.00 – 16.00 keiko

Locations

Dojo

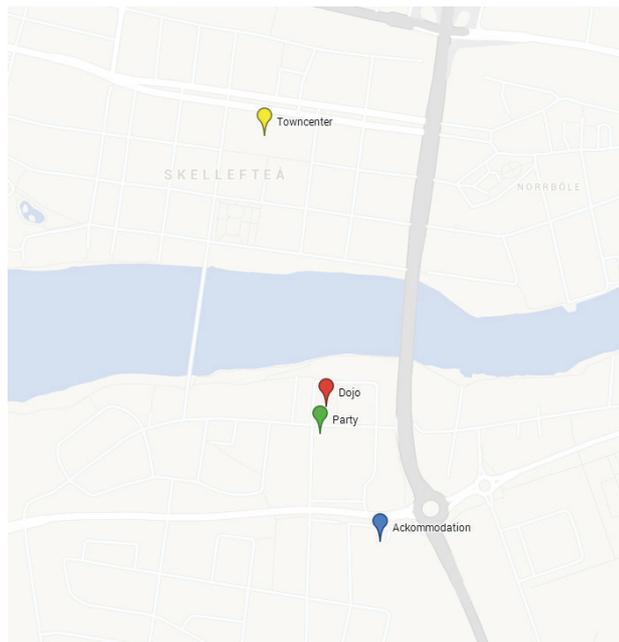
Budokan Campushallen
Laboratorgränd 13

Ackommodation

Kustvägen 26

Party

Next-door to the Dojo



Fees and payment

The whole seminar 300 SEK

Accommodation 100 SEK for 2 nights.

Party: included – rented place, bring own food and drinks. BBQ possible!

Swedish clubs pay in advance to Shimbukans account PG 96 67 67-6

Guests travelling from other countries may pay their fees in cash upon their arrival.

Registration

Registration is to be made by club. E-mail the registration to ambjorn.holmkvist@hotmail.com

In the registration we need to know:

Full name

Age

Grade

Accommodation yes or no (100 kr for 2 nights bring sleeping bag etc).

Dojo name

Party yes or no

Contact info (mail and phonenumber)

Time of arrival (for people coming in from abroad)

Please do stand by your word if you register.

Last day for registration 5 jan

Food

There will be no pre-arranged lunches or breakfast at the camp so please bring all your own food and also bring your own food to the sayonaraparty, more info below.

Accommodation

Will be in Sörböle skolan (School – Classrooms) – It is located across the intersection from the Dojo. A couple of minutes walking only. If you wish to stay here bring you own sleeping gear (sleeping bag, mattress etc.). The price is 100 kr for two nights (same price for just one).

Sayonaraparty

For the sayonaraparty we have rented a small house next to the Dojo. This house has a Japanese theme in it and is the perfect facility for a party and socialization.

We will provide some snacks and a grill so you can Barbeque if you want (winter BBQ!). If you want anything else please bring it. There is a kitchen if you want to cook anything and we will also make a pizza run if anyone wants that or other similar food instead.

There is also a sauna available in the house if anyone wants during the night. The purpose of the evening is to have fun together and to make new friends not only in the dojo.



Travel info

The best way to get to Skellefteå is to fly from Stockholm (ARN) to Skellefteå with SAS. Otherwise you can fly to Umeå with SAS, Nowegian or Malmö aviation and then take the bus to Skellefteå.

You can also ride train and bus from Stockholm but we recommend flying because of the time.

Please see: <http://www.destinationskelleftea.se/en/Destination> for more info
Contact us if you have any questions at all regarding travelling.

Contact info

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