



On behalf of the Swedish Kendo Federation

Seikyukai invites you to a

NORDIC KYUDO SEMINAR

Lillsved (Värmdö), Stockholm, Sweden, 18–19 May 2024

Instructors:

Tryggvi Sigurdsson, Kyoshi 7 dan
Gérald Zimmermann, Kyoshi 6 dan



SVENSKA KENDOFÖRBUNDET
SWEDISH KENDO FEDERATION • 瑞典劍道連盟

Preliminary program

Saturday 18 May

08:00 - 09:00	Arrival and registration
09:00 - 09:45	Opening and yawatashi
09:45 - 12:00	Training
12:00 - 13:00	Lunch
13:00 - 15:00	Training
15:00 - 15:15	Break
15:15 - 17:00	Training
17:00	Closing Day 1
18:30	Dinner

Sunday 19 May

09:00 - 09:30	Opening day 2
09:30 - 12:00	Training
12:00 - 13:00	Lunch
13:00 - 15:30	Training
15:30 - 16:00	Closing Day 2

Final, more detailed program and Meibo will come at a later date.

The seminar is open for participants from Sweden, Denmark, Norway, Finland and Iceland. Basic knowledge of shooting at mato in tachi is required in order to participate.

Participants who are unable to perform zasha (sitting form) are required to inform about this in the application, and will be able to perform rissha (standing form). Participants who have applied for rissha must attach a medical certificate to the application, confirming hindrance to perform zasha.

Things to consider:

- *Bring a pen, notebook, and the kyudo manual*
- *For the line-up at opening/closing ceremonies the lowest number is positioned at the front, to the right as you face kamiza.*
- *Do not ask questions during the seminar, unless you are directly requested.*

Participants should carry traditional Kyudo training attire: hakama, keikogi/kimono and white tabi. As at all national seminars, participants holding 3 dan or higher should carry kimono and perform hadanugi/tasukisabaki.

Minimum number of participants: 20

Seminar fee (choose from the 3 options below):

	Option 1	Option 2	Option 3
Price	1900 SEK	2800 SEK	3350 SEK
Accommodation	Not included	Room on site saturday-sunday	Room on site friday-sunday
Breakfast	Not included	Sunday (07:30)	Saturday (07:00) + Sunday (07:30)
Lunch	Included	Included	Included
Snacks/beverages	Included	Included	Included
Dinner (Saturday)	Included	Included	Included

Accommodation consists in a bedroom with private bathroom on site at STF Lillsved (3 min walk from the sports hall). Room cleaning is included in the fee. Common kitchens and socializing areas are at your disposition in the building. Please leave those areas as clean as you found them. Meals will be served in the dining room in the building next to the accommodation. There is a beach 5 min by walk from the sports hall, so feel free to bring a swimming suit in case you feel like swimming outside of seminar times.

Application:

Apply via the [Google Form link below](https://forms.gle/jmcU7unPadeF2H3L8) **no later than 5th April 2024**. Applications will be closed after this date.



<https://forms.gle/jmcU7unPadeF2H3L8>



Payment

Payment is made **individually** to Seikyukai Kyudoförening, **no later than April 5th, 2024**.

Please put as reference: **NKS May2024 + first name and surname**.

For payment in Sweden: Plusgiro 144543-6

For payment from outside of Sweden:

IBAN SE27 9500 0099 6026 0144 5436

BIC NDEASESS

Currency: SEK

Spectators: Spectators are welcome, but they have to preregister via kyudo@kendoforbundet.se. Spectators should not carry kyudo attire.

Information on the venue:

Lillsved Folkhögskola, Lillsvedsvägen 100, 139 90 Värmdö

Map <https://goo.gl/maps/HkF7kQ3aQzywXSA9>

Website: <https://lillsved.se/>

How to find Lillsved

By boat

You can experience the most beautiful route through Stockholm's archipelago by regular boat.

www.waxholmsbolaget.se

By car

Take the road 222, Värmdöleden, in the direction of Gustafsberg, drive past the exit roads towards Gustafsberg and then also Stafsnäs.

Continue on road 274 through Hemmesta. At the crossroads you continue in the direction of Vaxholm. Follow the road past Siggesta farm and soon there will be a signpost on the right saying Lillsved.

With public transportation (SL)

You can also go from the bus terminal at Slussen with bus 437 (some tours bus 474 with bus change to 437 at Kolvik).

Lillsved is the last stop for the bus.

You can find info at www.sl.se. Ticket purchase and other information is available in the SL app.

Do you need help or have any questions? Write to kontakt@seikyukai.se or let us know in the last text box of the Google Form!

We look forward to seeing you!!!