

Ki-Aikido | summer camp 2015 with Doshu Yoshigasaki Sensei

11 – 16 July, Ulricehamn, Sweden

Welcome

It's with great pleasure that Ki No Kenkyukai Sweden invites you to the bi-annual Ki-Aikido summer camp with Sensei Yoshigasaki. This year the camp is held in the lakeside town of Ulricehamn in the western part of Sweden, about 90 km east of Gothenburg.

venue: Stenbocksskolan Sports Hall
address: Stenbocksgatan 50, Ulricehamn

Training regime

Saturday 11/7

13:00 – 15:00 Arrival & hotel check-in
16:00 – 18:00 Aikido (all)
19:00 – Dinner

Sunday 12/7 to Wednesday 15/7

07:00 – 07:45 Morning practice
08:00 – 09:00 Breakfast
09:30 – 11:00 Aikido (all)
11:00 – 12:00 Aikido (instructors)
12:30 – 13:30 Lunch
15:30 – 16:30 Aikido (instructors)
16:30 – 18:00 Aikido (all)
19:00 – Dinner

Thursday 16/7

08:00 – 09:00 Breakfast & hotel checkout
10:00 – 12:00 Aikido (all)
12:30 – 13:30 Lunch
13:30 – Collective hugs, departure

Training fees

1100 SEK/whole camp
1400 SEK/whole camp, instructors
Day rates: 250 SEK/day
350 SEK/day, instructors

Accommodation

41 beds are reserved at the Nya Kurhotellet, which is situated in calm surroundings 10min walk from the dojo. All rooms are either double rooms, rooms with three beds and there are also two rooms with four beds.

<http://www.nyakurhotellet.se>

The cost for accommodation will be 2000 SEK for the whole camp – which is 400 SEK/night, including breakfast.



Food and Beverages

Lunch and dinner is served at the Nya Kurhotellet. Also available for residents at alternative lodgings if wanted. Food for all five days will cost 1000 SEK or 200 SEK/day. This corresponds to 75 SEK for lunch and 125 SEK for dinner.

The restaurant at the hotel has full serving rights and since we have booked the whole Nya Kurhotellet hotel for aikidokas, social activities in the evenings after dinner are much anticipated – take it easy on the beer to be fit for Misogi in the mornings ;-). The morning practice will be outside the hotel before breakfast.



Activites

The scheme allows non-instructors to take daily excursions with family members or fellow aikidokas between 11 ~ 16 every day. In the tourist city of Ulricehamn there are also many off-curriculum activities to engage in; swimming, canoeing, horseback riding etc.

<http://www.vastsverige.com/sv/ulricehamn>

A grill & dance party is planned one of the evenings at Michael Lebens house – the much longed for cone-football match will for sure happen in grass fields.



A joint excursion to Ulricehamns kallbad-hus is also planned, sauna and swimming.

Registration and Bookings

All confirmation and payment for pre-booked accommodation at Nya Kurhotellet, lunch and dinner is done through:

info@ki-aikidosallskap.se

Please send us an e-mail booking any combination of below choices as hotel rooms will fill up quite quickly:

Alternatives:

- 1) Instructors training fee, (whole camp): 1400 SEK
- 2) Normal training fee (whole camp): 1100 SEK
- 3) Bed in room at Nya Kur-hotellet (whole camp), incl. breakfast: 2000 SEK
- 4) Food arrangements (whole camp); Lunch & dinner at Nya Kurhotellet: 1000 SEK
- 5) If camping; Breakfast buffe at Nya Kurhotellet (whole camp): 250 SEK

Example: 2+3+4 = 4100 SEK, food, lodging and training fees for a non-instructor during the whole camp.

Confirm by payment to:

PG: 113201-8

BG: 628-8021

SWISH: +46734174945

If any questions or other needs please contact us at info@ki-aikidosallskap.se or by phone to +46(0)734 17 49 45 or +46(0)73 764 06 55



Alternative accomodation



[1] Hotell Bogesund

Sturegatan 7

S-523 30 Ulricehamn, Sweden

Tel. +46(0)321 - 154 10

Fax. +46(0)321 - 413 10

web: <http://hotellbogesund.se/hotellet>

e-mail: info@hotellbogesund.se



[4] SKOTTEKS GÅRDEN quality holidays

Marbäcksvägen

S-52390 Ulricehamn, Sweden

Phone: +46-321-13 184

Fax: +46-321-35 185

Mobile: +46-70-5613184

Web: <http://www.skottek.se>

e-mail: info@skottek.se



[2] Hotell & Vandrarhem Nyboholm

S-523 37 Ulricehamn, Sweden

Tel: +46(0)321-10550

Fax: +46(0)321-14802

Web: <http://www.hotellnyboholm.se>

e-mail: info@hotellnyboholm.se



[5] Lassalyckans Camping

Mobile: +46(0)321-104 50

Web:

<http://www.caravanclub.se/lassalyckan-campinginfo>

e-mail: lassalyckan1@telia.com



[3] Prångens Camping

Box 218, S-523 25 Ulricehamn, Sweden

Boknings- och infotel:

Husvagn och camping:

+46(0)321-10001, +46(0)709-311313

Stugbyn: +46(0)736-319 009

Web: <http://prangenscamping.se/>

e-mail: info@prangenscamping.se

Remember

Breakfast as well as all other meals can still be arranged to be served at Nya Kurhotellet. You can still enjoy the social activities at Nya Kurhotellet even though you're not staying there – if camping, for example.

Make sure to state in the e-mail how you want it. We'll do our best to give you a full relaxing week of Ki-Aikido.

Ulricehamn

