

# HOKUTORYU JU-JUTSU SUMMER CAMP

PAJULAHTI 16-18.6.2023

## VENUE

The Hokutoryu ju-jutsu summer camp is held at the Pajulahti Olympic Training Center. Pajulahti offers competitive and elite sports-related training facilities, coaching education and training camps for professional athletes and sportsmen. Read more about the camp venue through [this link](#) (Pajulahti).

## REGISTRATION AND CAMP FEE

The camp fee is 60€. The camp fee can be paid by cash to the camp reception or in advance by bank transfer into Helsingin ju-jutsuklubi bank account: NORDEA FI58 2238 1800 0036 65. Last day to pay by bank transfer is on the 31st of May. Take a receipt of the bank transfer with you to the camp venue. The registration is at the camp reception, the reception opens on Friday 16th of June at 4pm.

NOTE! The camp reception is different from the Pajulahti Olympic Training Center reception.

## BELT EXAMS

Sat 17th of June at the camp venue at 9.30 am. Belt exams of all kyu and mon levels can be taken at the camp.

## JUNIORS

The camp for junior fighters is from Fri-Sun. The head instructor of juniors at the camp is Sensei Netta Orava 1. Dan. More information from [here](#) (in Finnish). There is plenty of things for family members to do in Pajulahti Olympic training center.



# HOKUTORYU JU-JUTSU KESÄLEIRI

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## CAMP DIRECTOR

 SOKE AUVO NIINIKETO 10. DAN

## INSTRUCTORS

Several international masters as well as top level Finnish instructors.

 MAGNUS CEDERBLAD 8. DAN

 OTTAR VASSENDEN 6. DAN

 ANDREI AMBROS 5. DAN

 ANDY HUBERTY 4. DAN

 TIMO HIRVONEN 8. DAN

 RISTO VÄNTÄR 8. DAN

 KIMMO TENHUNEN 7. DAN

 KARI LEHTONEN 6. DAN

 TERO KOIVISTO 5. DAN

 MIKA MANTERE 5. DAN

 JARI NIEMINEN 5. DAN

 ANDREAS AGOPOV 5. DAN

 PETRI KOLEHMAINEN 5. DAN

 NETTA ORAVA 1. DAN



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## SCHEDULE

Friday 16.6.

- 15.00 - Check in
- 16.00 - Camp reception opens
- 17.00 - 18.30 All belt grades
- 18.30 - 20.00 Dinner
- 18.00 - 22.00 Swimming and sauna by the beach
- 20.00 - 21.00 Lecture in the auditorium (in Finnish)

Saturday 17.6.

- 06.30 Morning swimming and gymnastics
  - 07.15 - 09.15 Breakfast
  - 09.30 - 11.00 Belt exams
  - 11.00 - 12.20 White, yellow, orange and blue belts
  - 11.00 - 13.45 Lunch
  - 12.20 - 13.00 Opening ceremony
  - 13.05 - 14.30 Green, brown, black
  - 14.35 - 16.00 White, yellow, orange and blue belts
  - 16.05 - 17.30 Green, brown, black
  - 16.30 - 19.00 Dinner
  - 18.00 - 22.00 Swimming and sauna by the beach
- The schedule of the evening program will be announced later.

Sunday 18.6.

- 06.30 Morning swimming and gymnastics
- 07.15 - 08.00 Breakfast
- 08.30 - 10.00 All belt grades
- 09.00 - 09.45 Asahi exercise (together with karate and taido)
- 10:00 - 10:45 Check out
- 10.45 - 12.00 All beltgrades
- 12:00 - 13:30 Lunch

## OUTDOOR TRAINING

Some of the trainings are held outdoors if the weather allows it. Bring shoes proper for outdoor training.



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## ACCOMMODATION IN PAJULAHTI

The prices include 2 x dinner, 2 x breakfast ja 2 x lunch),  
6-16y prices in the parentheses:

- sport standard shared 2-4 person room 152 €/person (142€)
- hotel shared 2 person room 182 €/hlö (162€)

Single rooms: There is expected to be a great amount of participants at the camp, so at this point Pajulahti is not able to sell single rooms. The reservationlink closes on the 31st of May, after this they will see how many single rooms they can sell. If you wish to have a single room, make and pay your reservation for the wanted level and mark in the "additional information" spot that you wish for a single room. Pajulahti will inform about available single rooms in booking order. The extra fee for a single room is 30€/night.

There is a limited number of rooms available, so make sure to book your accommodation in time. The accommodation is booked directly from Pajulahti through this [link](#).

Last chance to book the accommodation is on the 31st of May or as long as there are rooms available. Information about accommodation from Pajulahti Olympic Training Center Sari Mikkola [sari.mikkola@pajulahti.com](mailto:sari.mikkola@pajulahti.com), +358 44 7755 210.

## MORE INFORMATION

[www.hokutoryu.com](http://www.hokutoryu.com)

Hokutoryu HQ:  
[info@hokutoryu.com](mailto:info@hokutoryu.com)  
+358 9 694 6554 (Mon-Fri between 13-20)



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Pajulahti