



International Karate Organization
Kyokushinkaikan

MATSUSHIMA's

Oyama Karate Kyokushin Spain

OKKE GASSUKO '09
Kyokushin Karate Training Camp
SANTA SUSANA – BARCELONA - 2009



INVITED INSTRUCTOR Kancho Yoshikazu Matsushima, 9th Dan

CHIEF INSTRUCTORS Spanish Branch Chiefs: Shihan Gabriel Barluenga & Shihan Klaus Rex

KUMITE INSTRUCTORS

- * IKO Matsushima European Middle Weight Champion 2001: Sensei Cesar Rufo,
- * IKO Matsushima First World Cup Heavy Weight Champion: Sensei Domingo Quiñones,
- * IKO Matsushima First World Cup Light Weight Champion. Sensei Jonathan Tineo,

DATE June 4th till 7th Arrival to the place of the Camp on Thursday afternoon between 3 and 7 pm, at 4pm a fighting session will be given by

LOCATION On the Maresme coast side in Santa Susana, Barcelona in Hotel Mercury
<http://www.hotelmcury.com/?idioma=eng>

PRICE 150€ The price includes, 3 nights accommodation in hotel Mercury with full board starting with dinner Thursday 4th until lunch of Sunday 7th, 25 hours of training and Sayonara-Party.

Attendance without training 115€

ENROLMENTS The Enrolment must be confirmed before the 10th of May, filling out the enrolment form.

APPROACHING THE CAMP If you come **by car**, the best ways to accede are the N-II or the C-32 Highway (Exit 122) **GPS Information:** 2°42'55" EAST, 41°37'51" NORTH

Barcelona **Bus** stops in front of the Hotel. Info at www.barcelonabus.com

Trains from Barcelona every 30 min. Santa Susana Station is just in front of the Hotel. Info at www.renfe.es/cercanias

Map



WHAT TO BRING

- 2 Clean Karate Dogis (if possible two)
- Tracksuit.
- Running shoes.
- Swimming suit.
- Towel and toilet material.
- National Budo Pass,
- IKO card,
- Insurance,
- Medicines if necessary,
- Protecting equipment, pads etc.

Those taking an exam for black belts please bring the following:

- IKO card
- Instructor's recommendation
- Motivation letter (reasons of taking the exam, own thoughts on Kyokushin)
- 2 color ID photos with your name / country.

SCHEDULE:

Thursday, June 4th:

15:00-19:00	Arrival, Check-In Hotel & Introduction
16:00	SPECIAL KUMITE SESSION
19:00	Introduction And General Info
19:30	Dinner
21:00	Introduction Camp
21:30	TRAINING. By Kancho Matsushima 9 th Dan

Friday, June 5th:

06:00	STAMINA TRAINING
07:30	Breakfast
09:30	TRAINING IN GROUPS
11:45	KICK TRAINING
12:15	SPECIAL KUMITE SESSION
13:30	Lunch

16:00	TRAINING IN GROUPS
18:15	Sumo Wrestling
19:30	Dinner
21:30	TRAINING IN GROUPS

Saturday, June 6th:

06:00	STAMINA TRAINING
07:30	Breakfast
09:30	TRAINING IN GROUPS
11:30	FLYING KICK TRAINING
12:15	FIGHTING TRAINING
13:30	Lunch
16:00	TRAINING IN GROUPS
18:30	FIGHTING TRAINING
19:30	GAMES
20:30	Dinner
21:30	Film Show
23:00	Sayonara Party

Sunday, June 7th:

06:00	SPIRIT TRAINING
07:30	Breakfast
08:30	Dan Examination Test
09:30	FIGHTING TRAINING
10:45	FREE FIGHTING TRAINING
12:00	JİYŪ KUMTE & KUMITE TESTS
13:30	Closing Ceremony: Graduation Results & Diploma Handover
14:00	Lunch