



# 16<sup>TH</sup> WINTER CAMP

**JANUARY 31ST - FEBRUARY 2ND 2020**

**LAMBACH**

**GERMANY**

Special guest from Poland:

Sensei **Agata Winiarska**



**OSU!**

**Instruktors DKO**

**Shihan Christoph Wortmann**

**Sensei Muzaffer Bacak**

**a.m.m.**

**Location**

Kolpinghotel  
Lambach,  
Bayerischer Wald/  
Germany

**Schedule**

Start:  
Friday,  
19:30

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End:  
Sunday,  
13:00

## **Time and place**

The Winter Camp 2020 will take place again in the beautiful surroundings of Lam/Bavarian Forest.

<b>Check-In:</b>	<b>Friday, from 15:00</b>
<b>Dinner:</b>	<b>18:00</b>
<b>First Training:</b>	<b>19:30 (outdoors)</b>

## **Accommodation**

The participants will be accommodated in two-bed rooms, within a six-bed apartment in a large modern youth hostel (tv-rooms, fitness, table-tennis etc.)

**Kolpinghotel Lambach, Lambach 1, 93462 Lam**



[www.familienhotel-lambach.de](http://www.familienhotel-lambach.de)



[www.osser.de](http://www.osser.de)

## **Food**

The Winter Camp fee includes all meals from dinner on Friday up to lunch on Sunday. Beverages are not included. The food within this hotel, is one of the best, you ever take. 😊

## **Practice**

There will be all kinds of Kyokushin Karate practice, Kihon, Kata, and Kumite. The practice will take place indoor as well as outdoor. The intensive training will give all participants a great advantage and can be compared with several weeks of normal karate practice. Furthermore, there will be special practice and events - something that will only take place on a winter camp. There will be also an extra training for fighters again.

## **Everybody can participate**

Participants from 12 years old can participate regardless of their rank (children below the age of eighteen must have their parents' acceptance in order to participate). You will all benefit from the camp irrespective of rank, as the program is arranged in such a way that everyone can participate. A great deal of training will take place in groups according to rank, and each group will have its own instructor.

## **Further information**

After or before the Winter Camp you can also have a skiing holiday at the areas of the national park of Bavarian Forest. You can also train Kyokushin Karate at this time. Our Dojo is not too far from Lam. ;-)

[www.arber.de](http://www.arber.de)

[www.skieck.de](http://www.skieck.de)

[www.hohenbogen.de](http://www.hohenbogen.de)

## **Organizer**

The Winter Camp will be organized on behalf of Deutsche Kyokushinkai Organisation (DKO, member of EKO and WKO), by Oyama Karate Bad Kötzing e.V.

Participants have to organize their own insurance. The organizer rejects any responsibility in case of injury.

## Registration

Please download the pdf "Registration Wintercamp" and send it via e-mail to: [info@oyamakarate-bk.de](mailto:info@oyamakarate-bk.de)

Further information: +49 151 16532850

Arrivals: [www.familienhotel-lambach.de](http://www.familienhotel-lambach.de)

## Join us!

**The Winter Camp fee is only 115 Euro!!!**

Signing up...

**...no later than 22.12.2019!!!**

The fee is to be paid, when signing up. **This amount covers stay, practice and meals.** *Please remember: Depending on our guest instructor(s) the places are really out very fast!!! We will give the rooms in order of the applications!!! So please, do not wait till deadline. ;-)*

The signing up is binding. In case you should get ill, please contact us by email or by phone as soon as possible – not later than monday before the camp. Later cancellation will cost 70 Euro.

If you are under the age of eighteen, you have to obtain your parents' acceptance for participation, and they have to sign the enrolment form as well.

**Bank account (for sign up, fee has to be paid):**

Oyama Karate Bad Kötzing e. V. (OKBK)  
IBAN: DE 72750690810100025410  
BIC: GENODEF1KTZ  
„Wintercamp 2020“

## WINTER CAMP T-Shirt

This year, we will have a special t-shirt/sweat-shirt. If anyone is interested in a shirt, please feel free to order one – we will produce some shirts for you. No matter. ;-).

Deadline for orders **22.12.2019!!!**

**This year you have to pay the t-shirt/sweat shirt in advance with the camp fee.**

## **Equipment**

You should have at least:

- 2-3 dogis incl. belt
- EKO passport and stamp
- shin bone/fist protection
- track suit
- sweat shirts/t-shirts
- **running shoes and trekking shoes, a small backpack**
- warm underwear, socks
- warm hat, gloves
- wind/rain jacket for outdoor training
- recommended: vitamin C, mineral drinks
- **When Training is scheduled for outdoor, make sure to wear your warm clothes beneath the dogi! Also appropriate footwear is enormously important!**