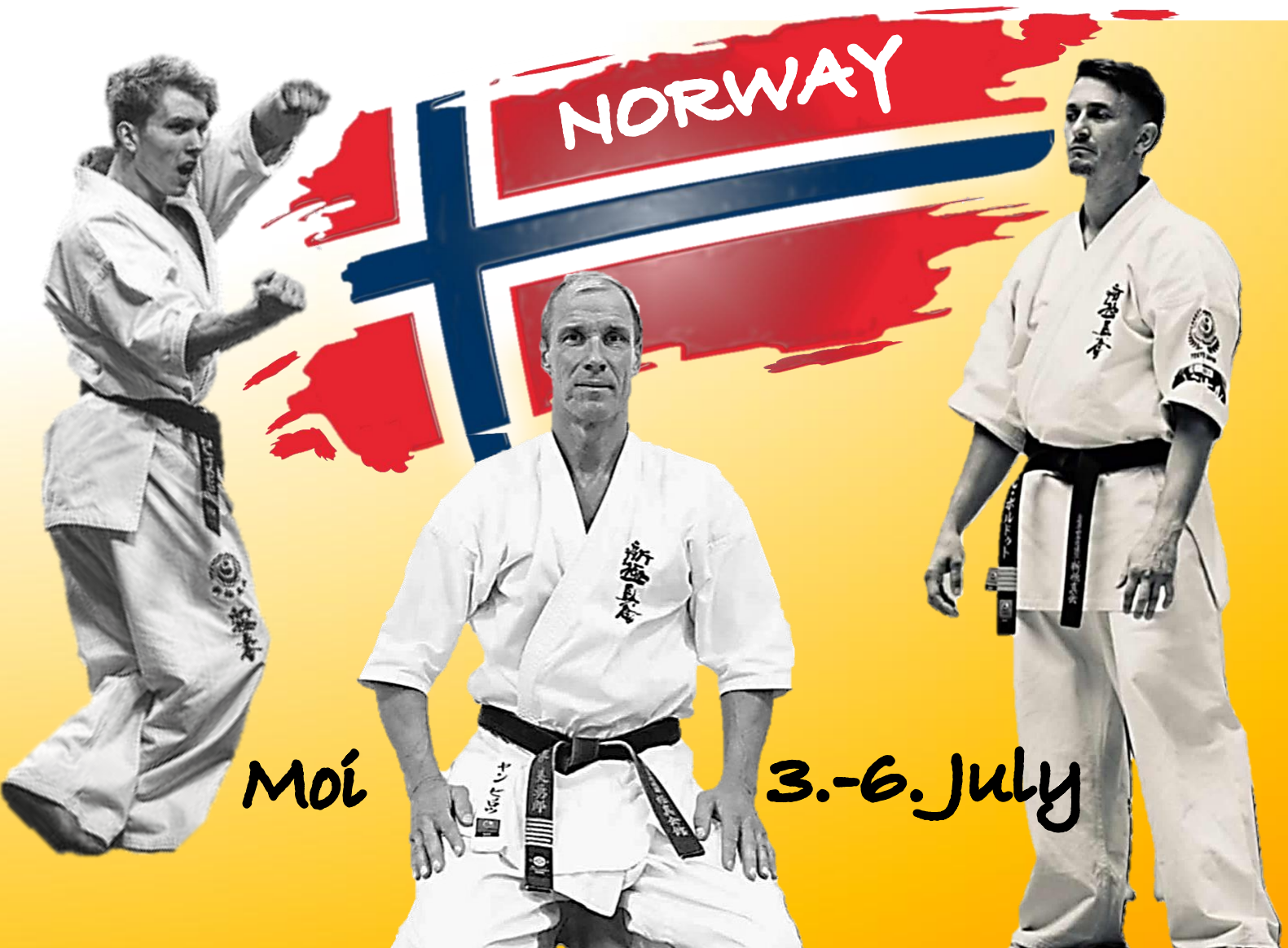




# NKO SHINKYOKUSHIN SUMMERCAMP 2025



Senpai  
Nikolaj L. Jensen  
2.Dan



Shihan  
Jan Bülow  
7.Dan



Shihan  
Cristian Boldut  
5.Dan



Frøyland Karateklubb (FKK) in collaboration with  
Norges Kyokushin Organisasjon (NKO)








# SUMMERCAMP INFORMATION

Frøyland karateklubb (FKK) invites you to summercamp at Moi 3.-6. July 2025!

## INSTRUCTORS

Instructors at the summercamp will be:

-  **Shihan Jan Bülow – 7. Dan – Denmark**
-  **Shihan Cristian Boldut – 5. Dan – Romania**
-  **Senpai Nikolaj Lunn Jensen – 2. Dan – Denmark**



### **Jan Bülow**

*Bülow has been training Kyokushin karate for 50 years this year and is still going strong. Bülow is the leader of Denmark's largest club, Roskilde Karate Club. He sits on the EKO board, is a member of the judging committee and is a member of the grading / technical committee. Roskilde Karate Club has fostered several well-known profiles - such as Nikolaj Lunn Jensen.*

*Under Jan Bülow's leadership, Roskilde Karate Club has organized the European Championships three times. Bülow has previously represented Denmark in the World Cup and European Championships.*



### **Cristian Boldut**

*Boldut is a national team athlete for Romania. He has represented Romania several times in Kumite and Kata. He is a 21-time Romanian champion in Kata and 8-time Romanian champion in Kumite. Boldut has been on the European Championship podium many times, as well as being the reigning European champion in Kata. He is one of the most sought-after instructors in Europe. Annually he holds his own international training camps where the elite come to train. Cristian Boldut qualified for the 2023 Kata World Championships, where he took 5th place*



### **Nikolaj Lunn Jensen**

*Jensen is one of the best kata practitioners in the world. Despite his young age, he has achieved remarkably strong results and several titles from international championships. He has been European champion and several times on the European Championship podium, but it doesn't stop there. Nikolaj was the only non-Japanese to get on the podium when the first World Championships in Kata were held in Japan in 2023. Nikolaj reached the final and finished second in the end!*

All three instructors have represented their respective countries in the European Championships and World Championships – and made a name for themselves.



## LOCATION

Lundheim Folk High School, Lundheimsveien 29, 4460 Moi.

## THE ROOMS

Initially, you will be accommodated in 2-3 person rooms with 2 beds and 1 on a mattress, subject to available capacity.

The school has its own pillows and duvets for the beds. Those who do not want to use these must bring their own pillow and duvet/sleeping bag. Everyone must bring sheets and bed linen. Anyone who stays on a mattress during their stay must bring a pillow and duvet/sleeping bag.

The majority of the rooms has its own toilet and shower. There are also shared toilets in all sleeping wings.

**The club leader in each club reports requests for room division by June 1.**

## PRICES

- **NOK 2 500** per person when registering before 31. May.
- **NOK 2 700** per person when registering before 1. June.
- **Family discount** for participating family members no. 2 and up NOK 2 000.
- **Meals:** The price includes supper on Thursday, breakfast, lunch and dinner on Friday and Saturday, breakfast and fruit meal on Sunday.
- **Daily prices:** It is also possible to participate in training without accommodation (food is included). The daily prices are as follows:
  - Thursday: NOK 200
  - Friday: NOK 500
  - Saturday: NOK 500
  - Sunday: NOK 300

## RATING

**The lower age limit is 8 years** (2nd school grade). There will be both joint trainings and separate children's trainings.

**Everyone under the age of 18** must have a guardian, or an adult from their respective club, as the person in charge.



## REGISTRATION & PAYMENT

The deadline for registration is 15. June. Subject to available capacity.

Registration takes place by payment to the following account: **3290.60.08954**

IBAN NO90 3290 6008 954

Bic/Swift KLEPNO21XXX

**Mark** the payment with: club, name (participant), age and rank.

## TRANSPORTATION

It takes about 20 minutes to walk from the train station to the Folk High School. **If you need transport from the train station and up to the Folk High School**, please state this to the following **contact person** in Frøyland karateklubb: Eivind Totland (e-post: [eivind.totland@lyse.net](mailto:eivind.totland@lyse.net)) **by June 1.**

## OTHER INFORMATION

- **Training:** If the weather allows it, we will train on a lawn outside the Folk High School. If the training is indoors, this will take place in the NorDan hall. It takes approx. 10-15 minutes to walk to NorDan hall from the Folk High School. There is also a small gymnasium at the school.
- **Photo:** Pictures and film will be taken for use in social media during the camp.
- **Health:** There will be a doctor present during the camp.
- **Food allergies / other considerations:** Please notify the contact person Eivind Totland of any food allergies or other considerations that must be taken into account (e-mail: [eivind.totland@lyse.net](mailto:eivind.totland@lyse.net)). Mark the e-mail «SUMMERCAMP».
- **Drug-free event:** The summer camp is a drug-free event, and it is not allowed to use drugs and alcohol on the Folk High School grounds.
- **SMAI:** A sales stand with SMAI will be set up on Saturday. If you want to pre-order equipment, send an e-mail to: [smai@online.no](mailto:smai@online.no). It will also be presented the latest model *Shinkyokushin Premium X*, as well as the other models.



## TO-DO LIST

- 2 dogi (karate suits)
- Belt
- Sportswear (for outdoor use)
- Protective equipment (gloves, foot protection, chest protection, hiss, possibly dental protection)
- Drinking bottle
- Sneakers
- Sneakers that can be used for swimming (possibly bathing shoes)
- Swimwear and bath towel
- Clothes for every day
- Shower towel
- Bed linen and sheets
- Pillow, duvet/sleeping bag (if you are going to sleep on a mattress)
- Toiletries
- Sports tape, plasters
- Mosquito repellent & itch repellent
- Sunscreen
- Mobile + charger
- **GOOD MOOD AND GOOD KARATE SPIRIT!**

## TENTATIVE PROGRAM

| Thursday (July 3.)            |               |
|-------------------------------|---------------|
| Check-in and registration at. | 15:30 – 17:30 |
| Training at.                  | 18:00 – 19:30 |
| Supper at.                    | 20:00         |

A WARM  
WELCOME 😊

| Friday and Saturday (July 4.-5.) |               |
|----------------------------------|---------------|
| Training at.                     | 08:00 – 09:00 |
| BREAK                            |               |
| Breakfast at.                    | 09:30 – 10:30 |
| BREAK                            |               |
| Training at.                     | 11:30 – 13:30 |
| BREAK                            |               |
| Lunch at.                        | 14:00 – 15:00 |
| BREAK                            |               |
| Training at.                     | 16:00 – 17:30 |
| BREAK                            |               |
| Dinner at.                       | 18:30 – 19:30 |

| Sunday (July 6.) |               |
|------------------|---------------|
| Training at.     | 08:00 – 09:00 |
| BREAK            |               |
| Breakfast at.    | 09:30 – 10:30 |
| BREAK            |               |
| Training at.     | 11:30 – 13:00 |
| Fruit break      |               |
| Training at.     | 13:30 – 14:30 |
| Ending           |               |
| Check out at.    | 15:00 – 17:00 |