



OKINAWA KARATE DO EUROPE SEMINAR

9.8.2013 to 12.8.2013

Kranj, Slovenia

BULLETIN 4 - JULY 2013



Message from Master Tsutomu Nakahodo
(Hanshi 10 dan -The executive master of Europe Karate Seminar)



I hope all members of Okikukai Association are fine and in good spirits this season.

Now, Okinawa karate is very popular among 180 countries and 50 million people in the world.

Okikukai had the gathering meeting this April and decided many plans for promoting traditional Karate and increasing the Okikukai Association.

This Europe Karate Seminar is based on this plan. I hope many Okikukai members and others who want to practice karate will join this Big Seminar and cooperate together for success.

Master Toshio Higa who is the president of Okikukai directed me and Mr. Shinmatsu Okuhama (Hanshi 9 dan) and Mr. Hirokuni Yamashiro (Kyoshi 8 dan) to teach at the Europe Karate Seminar for improving Karate and conduct a promotional dan test.

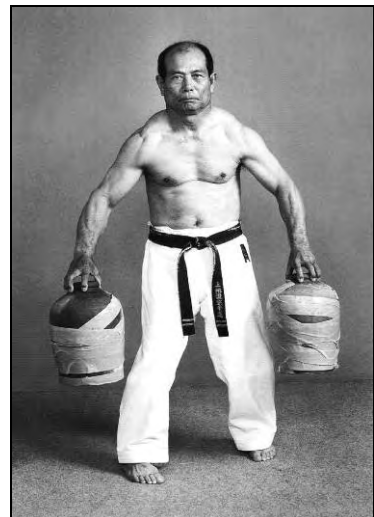
I hope all members who join this Seminar will increase their Karate skills and I ask also to cooperate together for developing Okikukai Association.

Lastly I pray for all members to stay in good health and activity now and in the future.

May in 2013

The executive master of Europe karate Seminar

Tsutomu Nakahodo (Hanshi 10 dan)





Dear Karate Friends

Karate klub Kranj was asked by **Okinawa Karate Do Association (Okikukai)** to organize for the first time Europe Seminar with the goal that Okikukai members and other Uechi-Ryu practitioners in Europe meet together in joint practice. Okikukai has a plan that in the future an Open Europe Tournament in Kata and Kumite will be organized.

This Europe Seminar will feature four very prominent Master Instructors from Okinawa:

- **Tsutomu Nakahodo, Hanshi, 10. dan**
- **Hirokuni Yamashiro, Kyoshi, 8. dan**
- **Masanori Yonamine, Kyoshi, 8. dan**
- **Masako Arashiro, 5. dan**

I believe that for many students who are not able to visit Okinawa this Seminar represents a life-time opportunity to receive direct instruction from such renowned and experienced teachers.

So far we have received around 150 registrations from Croatia, England, Germany, Greece, Italy, Russia, Serbia, Switzerland, Ukraine and Slovenia. Leading Sensei in Europe will be present with their students and this will be additional opportunity for exchange of karate experience.

On behalf of Karate klub Kranj I wish all participants a pleasant stay in Slovenia and hope that everyone will bring back home unforgettable memories from this Seminar!

Igor Prasnikar, 7. dan



President of Karate klub Kranj

<http://www.karate-klub-kranj.si>
<https://www.facebook.com/karateklubkranj>
info@karate-klub-kranj.si



Tsutomu Nakahodo, Hanshi, 10. dan

Nakahodo Sensei was born in 1932 and has started training in 1951 with his father who practiced Shorin Ryu. In 1955 he joined **Miyagi Dojo** of **Seiko Toyama Sensei**. Two years later he joined **Kadena Dojo** to study under **Seiyu Shinjo Sensei**.

In 1959 he opened a small dojo in Onna Village than in 1974 he moved to Naha where he still teaches today. For many years he was presenting daily Uechi-Ryu demonstrations with his students at a restaurant in Naha Harbour as a part of Okinawa Culture programme for mainland Japanese tourists.

He was serving as a president of Okinawa Karate Do Association from 1995 to 2002 and from 2010 to 2012.

Although now being 80 years old Nakahodo Sensei is still training hard and teaching by example. His understanding of Kata and Bunkai is extremely deep and nowadays it is hard to find a teacher who would be so knowledgeable.



Hirokuni Yamashiro, Kyoshi, 8. dan

Yamashiro Sensei was born in 1948. He has started training with **Shigeru Takamiyagi Sensei** at **Chatan Dojo**. He now teaches at his own **Okinawa City Dojo** and also a group of students at **Okinawa International University**.

Yamashiro Sensei has been in the recent year's one of the most active Okikukai Master Instructors extensively traveling abroad. He has been teaching at seminars in Croatia, England, Germany, France, Russia, Serbia, Slovenia, Switzerland, Ukraine and also in Argentina, Brazil and United States.



Masanori Yonamine, Kyoshi, 8. dan

Yonamine Masanori Sensei was born in 1955. He has begun his training with master **Yonamine Kosuke Sensei** at **Koza Dojo** in 1973. Like his teacher he is master of conditioning and excellent teacher of kumite.

He has won **Vice champion title** at **All Okinawa Karate Do Championships** series in 1988. After his teacher moved to Sashiki, he took over old Koza Dojo where he holds presently position of Head Instructor. This will be Yonamine Sensei first visit to Europe.



Masako Arashiro, 5. dan

Arashiro Sensei was born in 1975. She has begun her training in 1988 with **Yonamine Masanori Sensei** at **Koza Dojo** where she still practices today. Arashiro Sensei is known as one of the toughest ladies in Okinawa. She is excellent demonstrator and competitor.

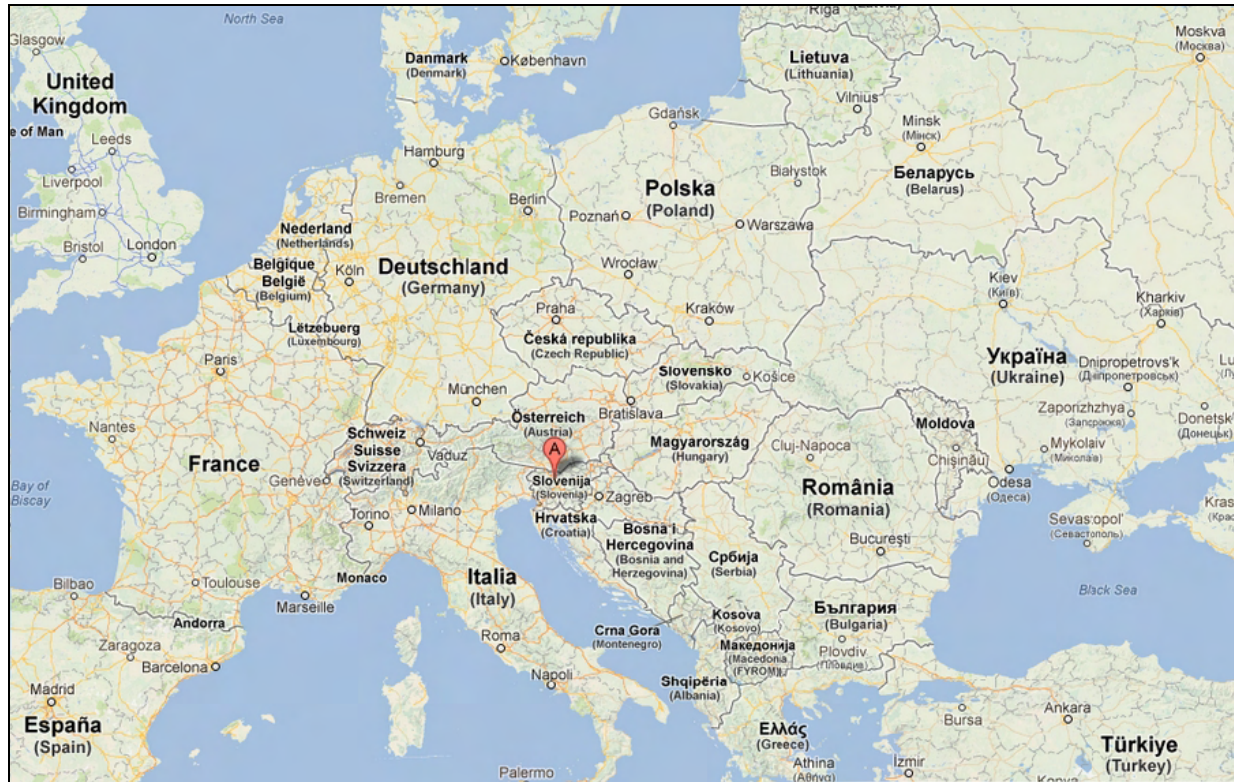
At **All Okinawa Championships series** she has won Champion titles in kata in 2007, 2011, and 2012 and Vice champion title in Kumite in 2012.

At annual **Okikukai Tournaments** she has won Champion titles in kata in 2007, 2009, 2010 and 2011 and Champion titles in Kumite in 2006, 2007, 2008, 2009, 2010, 2011 and 2012.

So far she has never travelled outside Okinawa and this will be her first visit abroad.

SEMINAR PLACE

Seminar will take place in city **Kranj, Slovenia**.

**HOW TO COME TO SLOVENIA****BY ROAD & TRAIN**

Kranj is accessible by highways and trains from:

- Northwest route from England & Germany (via Munich, Salzburg);
- Northeast route from Ukraine and Russia (via Bratislava, Budapest, Maribor)
- Southwest route from Italy (via Milan, Trieste);
- Southeast route from Croatia, Bosnia & Herzegovina, Serbia, Greece (via Zagreb, Ljubljana)

BY AIR

International **Airport Ljubljana (LJU)** is located only 10 km from city **Kranj**.

The following airlines operate to/from Ljubljana Airport:

- **Adria Airways**, Reservations <http://www.adria.si/en/home/>
from Belgrade, Frankfurt, Moscow (Sheremetyevo), Munich, Sarajevo, Skopje, Zurich
- **easyJet**, Reservations <http://www.easyJet.com>
from London (Stansted)
- **Wizz Air**, Reservations <http://wizzair.com/>
from London (Luton)

For participants arriving to Ljubljana Airport we will provide transportation to Kranj by our students. Please state your flight arrival details in your Registration form.

Other International Airports in adjacent countries:

- **Klagenfurt (KLU)** , Austria, distance 57 km from Kranj;
- **Trieste (TRS)** , Italy, distance 118 km from Kranj;
- **Zagreb (ZAG)**, Croatia, distance 174 km from Kranj
- **Graz (GRZ)**, Austria, distance 220 km from Kranj;

All seminar participants must arrange transportation by themselves.

COUNTRY INFORMATION - SLOVENIA

Slovenia is a Member State of the European Union since 1 May 2004.

Area: 20.273 km²
 Population: 2.055.496
 Time: UTC/GMT +1, Summer UTC/GMT +2
 Currency: Euro (EUR)
 Telephone: Country code +386, Area code (Kranj) 4
 Emergency: 112 Ambulance service, 113 Police
 Electricity: 220 V

**VISA INFORMATION - SLOVENIA**

Residents of EU member states and the following States do not need visa to enter Slovenia: Bosnia & Herzegovina (biometric passports only), Croatia, Macedonia, Serbia (biometric passports only).

Visa to enter Slovenia is required for residents of Russia and Ukraine. Unfortunately we are **not in a position** to assist in obtaining visa.

CITY KRANJ - INFORMATION

The old town of Kranj, historically also named Carnium, Creina, Chreina, or Krainburg, is a historical town situated between the rivers Sava and Kokra. The town area was inhabited as early as in the Celtic period in the first millennium B.C. Today Kranj has 37.129 inhabitants.



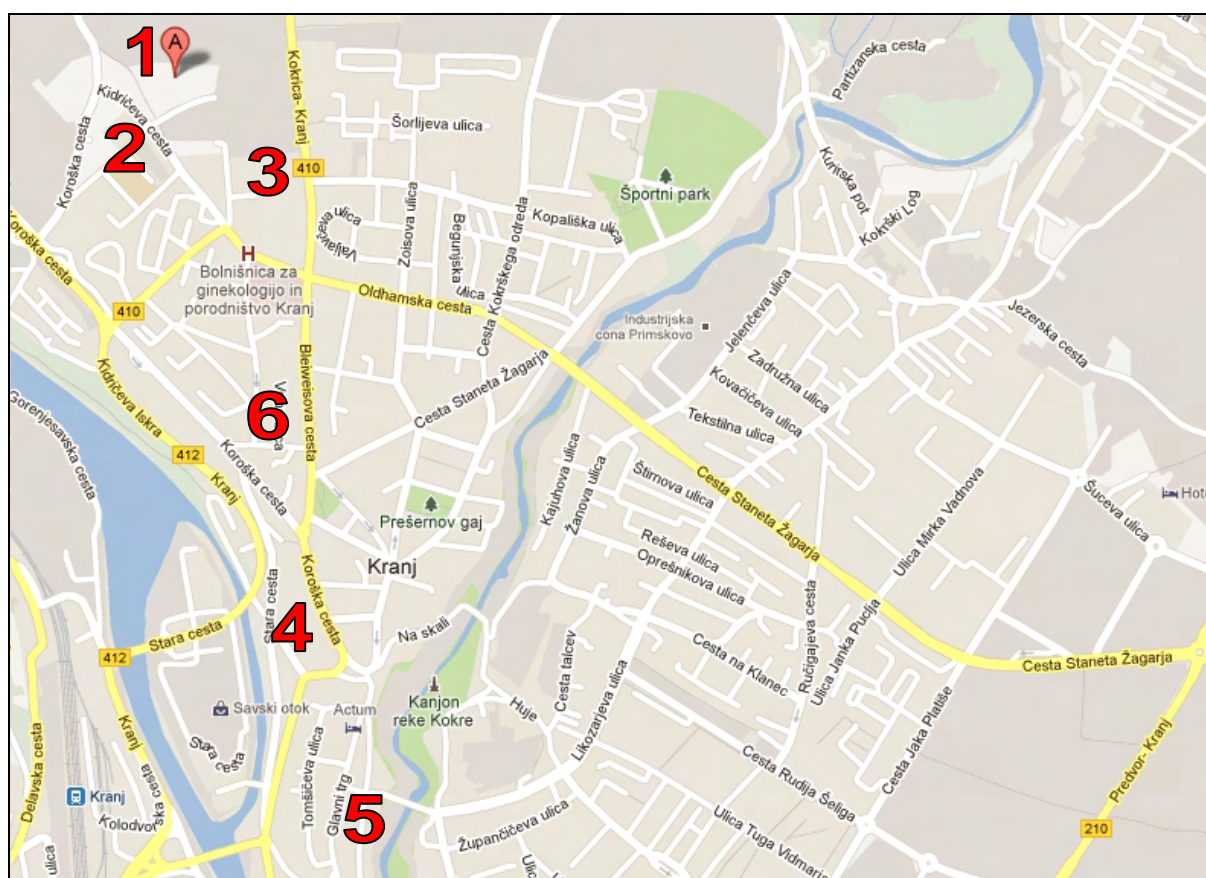
SEMINAR INFORMATION

SEMINAR LOCATION

The seminar will take place in a sports hall of:



Gimnazija Franceta Prešerna (France Preseren Gimnasium), Kidričeva 65, 4000 Kranj



1000 m

- 1 Gimnazija Franceta Prešerna (France Preseren Gimnasium), Kidričeva 65, 4000 Kranj
- 2 Dijaški in študentski dom (University Dormitory Hostel), Kidričeva 53, 4000 Kranj
- 3 Osnovna šola Franceta Prešerna (France Preseren Elementary School)
Kidričeva 49, 4000 Kranj
- 4 Hotel Creina, Koroška cesta 5, 4000 Kranj
- 5 Old Town Center
- 6 Central Bus Station

SEMINAR SCHEDULE

NEW amended training hours to give more time between the training for sightseeing & rest.

DAY	TIME	ACTIVITY
09.08.2013 FRIDAY	09:00 – 10:00	SEMINAR REGISTRATION & PAYMENT OF FEES
	TRAINING 1 10:00 – 12:00	Nakahodo Sensei 1. dan and above
		Yonamine/Arashiro Sensei Kumite training
		Yamashiro Sensei Kyu grades
	TRAINING 2 18:00 – 20:00	Nakahodo Sensei 3. dan and above
		Yamashiro Sensei 1.dan, 2.dan
Yonamine Sensei 3.kyu – 1.kyu		
Arashiro Sensei 8. kyu – 4.kyu		
10.08.2013 SATURDAY	TRAINING 3 10:00 – 12:00	Nakahodo Sensei 1. dan and above
		Yonamine/Arashiro Sensei Kumite training
		Yamashiro Sensei Kyu grades
	TRAINING 4 18:00 – 20:00	Nakahodo Sensei 3. dan and above
		Yamashiro Sensei 1.dan, 2.dan
		Yonamine Sensei 3.kyu – 1.kyu
Arashiro Sensei 8. kyu – 4.kyu		
11.08.2013 SUNDAY	TRAINING 5 10:00 – 12:00	Nakahodo Sensei 1. dan and above
		Yonamine/Arashiro Sensei Kumite training
		Yamashiro Sensei Kyu grades
	TRAINING 6 18:00 – 20:00	Nakahodo Sensei 3. dan and above
		Yamashiro Sensei 1.dan, 2.dan
		Yonamine Sensei 3.kyu – 1.kyu
Arashiro Sensei 8. kyu – 4.kyu		
12.08.2013 MONDAY	09:30 – 12:00	OKIKUKAI KATA & KUMITE COMPETITION RULES Referee and Judge Training (senior black belts) Demonstration of Kata and Competition Kumite by participants
	17:00 – 19:00	PROMOTIONAL EXAMINATION – DAN TEST Promotional Examination Board: Nakahodo Tsutomu, 10. dan Yamashiro Hirokuni, 8. dan Yonamine Masanori, 8 .dan

Notes:

- Composition of Classes may be adapted in according to participant structure.
- Kumite training may be attended by dan and kyu grades.
- The location for events on Monday, 12.08.2013, will be France Preseren Elementary School.
- The timing for Promotional Examination may change according to number of candidates.

SEMINAR FEE

TRAINING PACKAGE	EUR
TRAINING SESSIONS 1- 6 including overnight accommodation at France Preseren Elementary School 5 nights from 08.08. to 13.08.2013 (must bring own sleeping bag)	80,00
TRAINING SESSIONS 1- 6 (you manage your own accommodation)	60,00
2 TRAINING SESSIONS (of your own choice)	30,00
Only overnight accomodation at France Preseren Elementary School per 1 night (must bring own sleeping bag)	5,00

PROMOTIONAL EXAMINATION – DAN TEST FEES

Special Promotional Examination Fees have been established for this Seminar that consists of two fees:

- **Exam Fee** must be paid before examination and is non-refundable.
- **Certificate Fee** must be paid in addition by candidate who has successfully passed the test directly to Okinawa Karate Do Association (Okikukai) for registration and issuance of Dan Certificate.

Rank	Exam Fee	Certificate Fee
1. dan	30 USD	①
2. dan	40 USD	①
3. dan	50 USD	①
4. dan	60 USD	①
5. dan	80 USD	①
6. dan	100 USD	①
7. dan	150 USD	①
8. dan	200 USD	①

① Certificate Fee effective in the country of the candidate. Check with your Country Chief Instructor.

All candidates for Promotional Examination must send the attached **Dan Test Registration Form** in advance by e-mail to: info@karate-klub-kranj.si no later than **01 AUGUST 2013**. The original form signed by country Chief Instructor must be brought to the test.

SEMINAR REGISTRATION

We can still accept a few more participants. Please complete attached **REGISTRATION FORM** for all participants from your Club/Dojo and send it not later than **01 AUGUST 2013** by e-mail to:

info@karate-klub-kranj.si

PAYMENT OF SEMINAR FEE

Payment of seminar fees (including accomodation at France Preseren Elementary School gym) must be effected **on the day of arrival 08.08.2013 or on 09.08.2013 from 9:00 -10:00**. **Each Team Leader must pay seminar and accomodation fees for his complete team** as per Registration form. Upon payment each participant will receive seminar entry ticket.

MEETING POINT

The meeting point will be a **Coffee Bar** in front of **France Preseren Elementary School**. We will have our students there to assist you on **Thursday, 08.08.2013 from 18:00 to 21:00**.

ACCOMMODATION**France Preseren Elementary School Gym**

Kidričeva 49
4000 Kranj

This school is located about 200 m from the training place. We have made arrangements to offer cheapest possible **accomodation in training gym** of this school. Toilets and showers are located in the dressing rooms. We will provide tatami, participants must bring their own sleeping bags.

Participation to cover cost of renting, electricity and hot water is **5,00 EUR** per person per night.

If you buy seminar package for 80,00 EUR, 5 overnight stays from 08.08. to 13.08.2013 are included for the discount of one.

**Dijaski in studentski dom Kranj (University Dormitory Hostel)**

Kidričeva 53
4000 Kranj

<http://hostel.dsd-kranj.si/?T=00100005>

The university dormitory hostel is located 50 m from the training place. The hostel offers student rooms with 3 beds; toilet and shower facilities are located on each floor.

3 person in 3-bed room **14 EUR** per person per night
2 person in 3-bed room **16 EUR** per person per night
1 person in 3-bed room **18 EUR** per person per night

You may also reserve:

Breakfast	3.00 EUR (served from 7:00 to 8:30)
Lunch	6.00 EUR (served from 12:00 to 13:30)
Dinner	5.50 EUR (served from 19:00 to 20:30)

To reserve accomodation send **DSD Hostel Booking form** by e-mail to:
hostel@dsd-kranj.si

NEW

The Hostel also offers meals (breakfast, lunch, dinner) at very favourable prices.

Send **DSD Hostel Meals form** to book you meals by e-mail to:
hostel@dsd-kranj.si

Cukrarna Guest Accommodation

**Tavcarjeva ulica 9
4000 Kranj**

This is a new hostel located in the old town center about 20 minutes walking distance from training place.

Double room with private bathroom at **60.00 EUR** per night including breakfast.

Double room with shared bathroom at **52.00 EUR** per night including breakfast.

Single bed in 6-bed or 8-bed dormitory room at **18.00 EUR** per person per night, breakfast not included.

Make reservation through **Booking.com** (www.booking.com)

Hotel Creina

**Koroška cesta 5
4000 Kranj**

The hotel is located in city center about 15 minutes walking distance from the training place. In this hotel the Okinawan teachers will stay.

Double room at **60.00 EUR** per night including breakfast.

Make reservation through **Booking.com** (www.booking.com)

Hotel Bellevue

**Šmarjetna Gora 6,
4000 Kranj**

The hotel is located on top of Smarjetna gora hill about 4 km by car from the training place.

Double room at **60.00 EUR** per night including breakfast.

Make reservation through **Booking.com** (www.booking.com)

Guesthouse Aleš

**Breg ob Savi 38
4000 Kranj**

This private guesthouse is located about 6 km by car from training place.

Double room at **55.00 EUR** per night including breakfast.

3-bed room at **70.00 EUR** per night including breakfast.

Make reservation through **Booking.com** (www.booking.com)