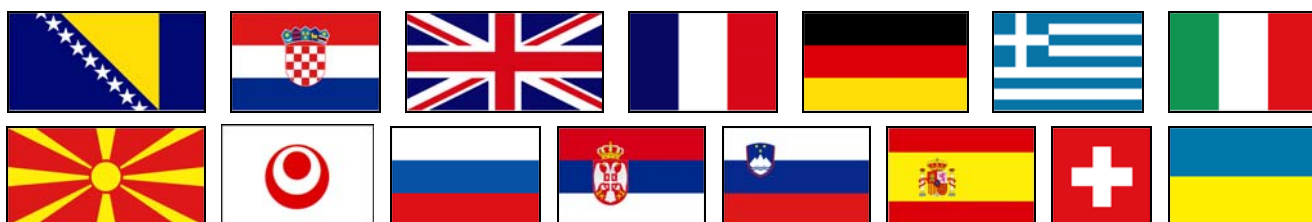




OKINAWA KARATE DO EUROPE SEMINAR

9.8.2013 to 12.8.2013

Kranj, Slovenia





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 three very prominent Master Instructors from Okinawa:

- **Tsutomu Nakahodo, Hanshi, 10. dan**
- **Shinmatsu Okuhama, Hanshi, 9. dan**
- **Hirokuni Yamashiro, Kyoshi, 8. 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.

In the past Karate klub Kranj had organized many seminars with prominent Uechi-Ryu karate teachers. Since the first one with Okinawan sensei Yukinobu Shimabukuro in 1974, we have hosted consecutive seminars with him, David Finkelstein, Takemi Takayasu, Ken Nakamatsu, Nobuhiro Higa, Hirokuni Yamashiro, James Thompson, Terry Daly and Wayne Otto. Our members had visited Okinawa for 15 times since 1981 to polish their karate skills and participate on All Okinawa Karate Do Championships.

Karate klub Kranj is operating as a non-profit sports organization. We have done our best to offer lowest possible seminar fees with the goal just to cover seminar cost and enable as much as possible students to participate and benefit from this seminar. We have also made arrangements to provide overnight accommodation in the training gym beside cheap accommodation at University Dormitory Hostel.

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.



Shinmatsu Okuhama, Hanshi, 9. dan

Okuhama Sensei was born in 1952. He has started training with **Kosuke Yonamine Sensei** at the old **Koza Dojo**. He has now a Dojo in Gushikawa.

He was a champion of **All Okinawa Karate Do Championships** in 1981, vice-champion in 1984 and had won 3rd place in 1983 and 1985. In recent years he serves as a Chief Referee for the All Okinawa Karate Do Championship Series.

Okuhama Sensei has never been outside of Okinawa and this will be his first visit to Europe.



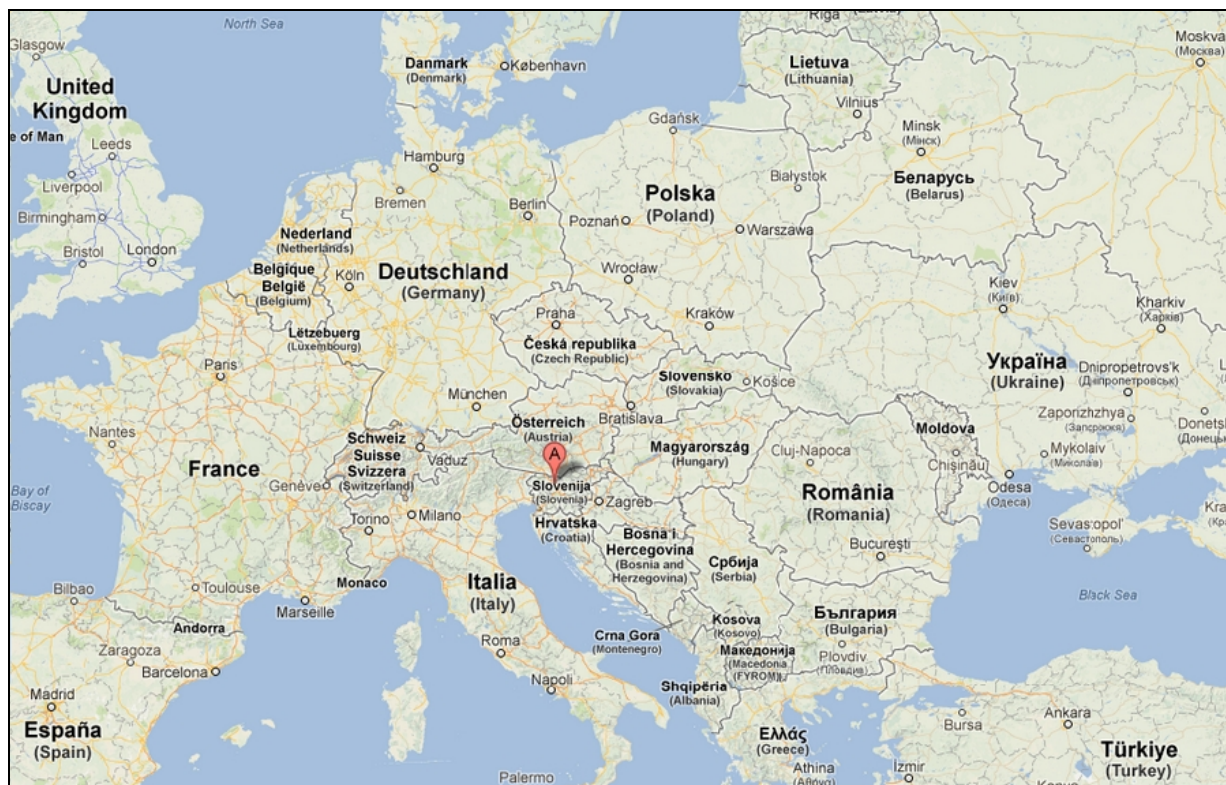
Hirokuni Yamashiro, Kyoshi, 8. dan

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.

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

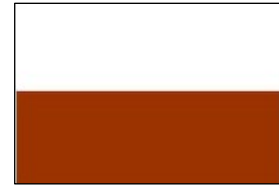
Slovenia is a Member State of the European Union since 1 May 2004.

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

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
		Okuhama Sensei Kumite training
		Yamashiro Sensei Kyu grades
	TRAINING 2 17:00 – 19:00	Nakahodo Sensei 3. dan and above
		Okuhama Sensei 1.kyu, 1.dan, 2.dan
Yamashiro Sensei Kyu grades		
10.08.2013 SATURDAY	TRAINING 3 10:00 – 12:00	Nakahodo Sensei 1. dan and above
		Okuhama Sensei Kumite training
		Yamashiro Sensei Kyu grades
	TRAINING 4 17:00 – 19:00	Nakahodo Sensei 3. dan and above
		Okuhama Sensei 1.kyu, 1.dan, 2.dan
		Yamashiro Sensei Kyu grades
11.08.2013 SUNDAY	TRAINING 5 10:00 – 12:00	Nakahodo Sensei 1. dan and above
		Okuhama Sensei Kumite training
		Yamashiro Sensei Kyu grades
	TRAINING 6 17:00 – 19:00	Nakahodo Sensei 3. dan and above
		Okuhama Sensei 1.kyu, 1.dan, 2.dan
		Yamashiro Sensei Kyu grades
12.08.2013 MONDAY	10:00 – 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 Okuhama Shinmatsu, 9. dan Yamashiro Hirokuni, 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

SEMINAR REGISTRATION

Please complete attached **REGISTRATION FORM** for all participants from your Club/Dojo and send it not later than **01 JUNE 2013** by e-mail to:

info@karate-klub-kranj.si

We need to receive your registrations by 01 June 2013 to get information on number of participants and to see if any adjustments of the programme have to be made.

PAYMENT OF SEMINAR FEE

Payment of seminar fees (including accomodation at France Preseren Elementary School gym) must be effected **on the day of arrival** 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

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)