
Camp start:
Thursday 30th
June 2022

**Fana Karateklubb at
NKO Shinkyokushin
Summer camp Horten**

Camp end:
Sunday 3rd July
2022

Group picture during the NKO Shinkyokushin summer camp in Horten. Picture was taken Saturday 2nd July:



Fana Karateklubb joined the camp with below participants:

- 1) Sensei Ingrid Bjordal, (4th dan)
- 2) Senpai Mattis Bjordal, (1st dan)
- 3) Senpai Eirik Meland, (1st dan)
- 4) Lisa Meland, (1st kyu)
- 5) Eivind Hamre, (3rd kyu)
- 6) Ådne Brunborg, (5th kyu)
- 7) Maimona Begum, (8th kyu)
- 8) Mari Kallevik, (9th kyu)



Thanks to the Technical Organizer Bård Brodshaug (senpai) and Horten Karateklubb for a wonderful setting with excellent location, food and coordinating of everything. We felt very well taken care of and included.

What a privilege it was to be able to stay in a hotel and experience top service from morning to night with meals you can only dream of. Lovely vegetarian dishes and a varied offer of meat and fish, simply something for everyone.

Together with an awesome group of people, different nationalities, ages, male/female, mon and kyu/dan grades, we have all been working hard, stretching our limits with the aim of:

- 1) Absorbing improved training methods/new approaches
- 2) Maintaining/strengthening established network across borders
- 3) Quality time with great new friends, bonding for future
- 4) Collaboration/competence sharing/improvement of skills
- 5) Create value/high ethical standards/see everyone
- 6) Fill up the batteries
- 7) Serve as a source of inspiration to others

Guest Instructors:

Cristian Boldut (Sensei from Romania)
Annika Peterson (Sensei from Sweden)

Visitor's:

Dan Tiuca (Sensei from Romania)
Piotr Sztencel (Sensei from Poland)

NKO's own resources

Erik-Anders Helin (Sensei)
Ingrid Bjordal (Sensei),
Steffen Haukedalen (Senpai),
Marleen Gregusson (Senpai),
Svein Olaf Bennæs (Senpai)

Thank you everyone for your unique contribution, and as such a true inspiration to others.

Fana Shin Kyokushin Karate

The Instructor Team
Sensei Ingrid and Senpais Eirik and Mattis

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Please enjoy below pictures from the camp:
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Indoor trainings with Sensei Christian and Sensei Annika during heavy rainfall:



Senpai Mattis in the process of "keage exercise":



Lisa



Maimona, Lisa, Mattis and Ådne takes farewell with Sensei Boldut.



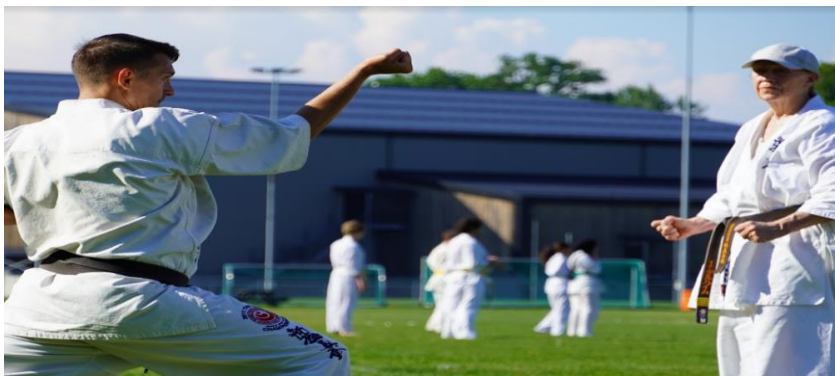
Mari (top), Lisa and Eirik and Mattis during outdoor activities with grilling and fun Saturday night:



Eivind during grilling/bathing session Saturday evening. 1000 kroner for your thoughts Eivind 😊



Sensei Christian Boldut instructing and from the looks Sensei Ingrid seems fully focused.



Senpai Eirik and senpai Mattis – reflecting satisfaction post training in the sunshine:



Friendship reflected during visit by Sensei Thomas. Here in friendly dialogue with Senpai Bård, Sensei Eirik and Sensei Ingrid



The good conversation between happy karatekas (here to the left: Jonas, Senpai Mattis and Sensei Ingrid)



Here Fana's own Eivind Hamre happily fighting under the sun:



Senpai Mattis in action together with Fana's own Maimona (Sensei Annika in the middle in the background):



Fun with the kids (construction work) during the Norwegian Shinkyokushin (NKO) summer camp 2022.



Fully focused kids paying attention to the instructions provided by Sensei Ingrid:



Good friendship cannot be priced, here Jonas to the right with Senpai Mattis to the left, during a brief nutrition break



Here Senpai Therese (Egersund KK) together with Senpai Mattis (Fana KK) reflecting how pleased they both are to be able to collaborate, good friends over the years as they are:



Our inspiring guest instructors: Sensei Christian Boldut (Romania) and Sensei Annika (Banzai, Gothenburg, Sweden) who both shared generously of their unique knowhow and experience, all provided in s highly motivating manner.



Below Fana's own Senpai Eirik with Senpai Amir (Arendal KK):



Below photo reflects Fana's Ådne Brunborg fully focused in "copying" the command by Sensei Christian Boldut (Romania):



Push ups as an obligatory exercise during current indoor training led by Sensei Annika Peterson:



Black belts during kihon training led by Sensei Annika Peterson during heavy rain outside:



A few of Fana Karate Shinkyokushin participants at the NKO summercamp in Horten:

- 1) Eirik, Senpai
- 2) Ådne (5th kyu)
- 3) Ingrid, Sensei (here with green belt)
- 4) Lisa (1st kyu)
- 5) Mattis, Senpai
- 6) Maimona (8th kyu)
- 7) Eivind (3rd kyu but here with white belt)
- 8) Mari (not in the photo here)

Improvised surprise training held by Sensei Piotr Sztencel, who went through very interesting concepts when it comes to resource-saving fighting, with techniques as well as various exercises for this (reflected in different belts for some).



During the NKO Summer camp in Horten 30th June to 3rd July, we were also visited by Dan Tiuca from Romania. Tiuca is one of the major organizers in Europe, and has several major events that he holds or participates in, i.e. the Romanian International Cup, the European Fullcontact Karate Camp etc. Tiuca is very active, and can be found at most of the camps and events in Europe, as a referee athlete or organizer for that matter!

Sensei Tiuca's visit was highly appreciated.

Sensei Dan Tiuca (to the right in photo) and Sensei Christian Boldut to the left



Mostly outdoor (sunshine) but also indoor trainings (heavy rain) during the NKO Shinkyokushin summer camp in Horten. What a privilege. What an honour to participate. Filling the batteries professionally coached by Senseis Christian Boldut and Annika Peterson with more.



Awesome trainings and lots of fun with wonderful energizing kids:



Quality moments reflecting loving and caring values during the Norwegian Shinkyokushin (NKO) summer camp 2022.



Room for quiet reflection (meditation) during the Norwegian Shinkyokushin (NKO) summer camp 2022.

