



# GASSHUKU

10.-12. december 2021

Chief instructor of JKA in Norway invites to  
Gasshuku 10th.-12th. December 2021  
in Sandnes Norway

We are delighted to welcome:

**Bura sensei** 8. dan JKA, Chief Instructor of JKA Europe  
**Gneo sensei** 7. dan. JKA, Chief Instructor of JKA Belgium  
**Larsen sensei** 7. dan. JKA, Chief instructor of JKA in Norway

We are planning dan test and international licensing.

More information will follow.

**JKA** 公益社団法人  
日本空手協会  
Japan Karate Association  
The Keeper of Karate's Highest Tradition

NORWAY





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# INVITATION TO THE JKA Autumn Gasshuku 2021

**Friday 10. December to Sunday 12. December**

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Director

Geir Arild Larsen sensei - Wikipedia

7. and JKA

Chiefinstructor of JKA in Norway

Organizer

Lura Karate Club-Seishin Dojo

[www.lurakk.no](http://www.lurakk.no)

Larsen sensei and Lura Karateklubb have the pleasure of welcoming all karate friends warmly to JKA autumn gasshuku 2021

|                      |   |               |                       |               |                       |
|----------------------|---|---------------|-----------------------|---------------|-----------------------|
| <b>PLACE</b>         | Lurahallen,<br>Prinsens vei 14A, 4315 Sandnes, Norway   |               |                       |               |                       |
| <b>DATUM</b>         | Friday 10. December to Sunday 12. December  |               |                       |               |                       |
| <b>PARTICIPATION</b> | The gasshuku is for all seniors over the age of 13 and regardless of degree, and for all juniors under the age of 13 starting with yellow stripe (9. kyu)   |               |                       |               |                       |
| <b>INSTRUCTORS</b>   | <b>Bura sensei 8. Dan JKA, Chief Instructor of JKA Europe</b><br><b>Gneo sensei 7. Dan JKA, Chief Instructor of JKA Belgium</b><br><b>Larsen sensei 7. Dan JKA, Chief Instructor of JKA in Norway</b><br><br>Johannessen sensei 5. Dan JKA, Head Instructor of Lura kk<br>Sundvor sensei 5. Dan JKA, Head Instructor of Randaberg kk<br>Richard sensei 4. Dan JKA, Head Instructor of Sola kk<br>Anne-May sensei 3. Dan JKA, Instructor in Lura kk<br>Kristian sensei 3. Dan JKA, Instructor in Lura kk |               |                       |               |                       |
| <b>PRICE</b>         | <table><tr><td><b>Senior</b></td><td>3 day course; 850 NOK</td></tr><tr><td><b>Junior</b></td><td>3 day course; 650 NOK</td></tr></table> <p>As of the third participant from the same family, there is a free participation fee for the youngest members of the family. The lowest participation fee will be free of charge.<br/>This requires that the clubs administer this upon registration.</p>   | <b>Senior</b> | 3 day course; 850 NOK | <b>Junior</b> | 3 day course; 650 NOK |
| <b>Senior</b>        | 3 day course; 850 NOK   |               |                       |               |                       |
| <b>Junior</b>        | 3 day course; 650 NOK   |               |                       |               |                       |



## GRADING FEE

|                  |          |
|------------------|----------|
| <b>0.-1. Kyu</b> | 200 NOK  |
| <b>Shodan</b>    | 1400 NOK |
| <b>Nidan</b>     | 1500 NOK |
| <b>Sandan</b>    | 2000 NOK |
| <b>Yondan</b>    | 2500 NOK |
| <b>Godan</b>     | 3000 NOK |

## TRAINING SCHEDULE

Friday 10.: 17.30 - 18.30 Training Juniors  
19.00 - 21.30 Training Seniors

Saturday 11.: 10.30 - 12.45 Training Juniors  
13.00 - 16.00 Training Seniors

DAN grading up to godan (Time will be announced later)

Sunday 12.: 10.30 - 12.45 Training Juniors  
13.00 - 16.00 Training Seniors

All kyu grading (Time will be announced later)

## SECTIONS

It is planned to divide the training into 4 sections per junior and senior:

### Junior section:

1. 3.-1. kyu
2. 5.-4. kyu
3. 7.-6. kyu
4. 9.-8. kyu

### Senior section:

1. All DAN incl. juniors
2. 3. -1. kyu
3. 5.-4. kyu
4. 8.-6- kyu

## HOTEL



### Recommended hotels:

#### Scandic Stavanger Forus

Bjødnebeen 2,

Phone: +47 21 61 48 00

Mail: stavangerforus@scandichotels.com

Website:

<https://www.scandichotels.no/hotell/norge/stavanger/scandic-stavanger-forus>

#### Thon Hotel Sandnes

Roald Amundsensgate 115, 4307 Sandnes

Phone: +47 51962000

Website:

<https://www.thonhotels.no/hoteller/norge/sandnes/>



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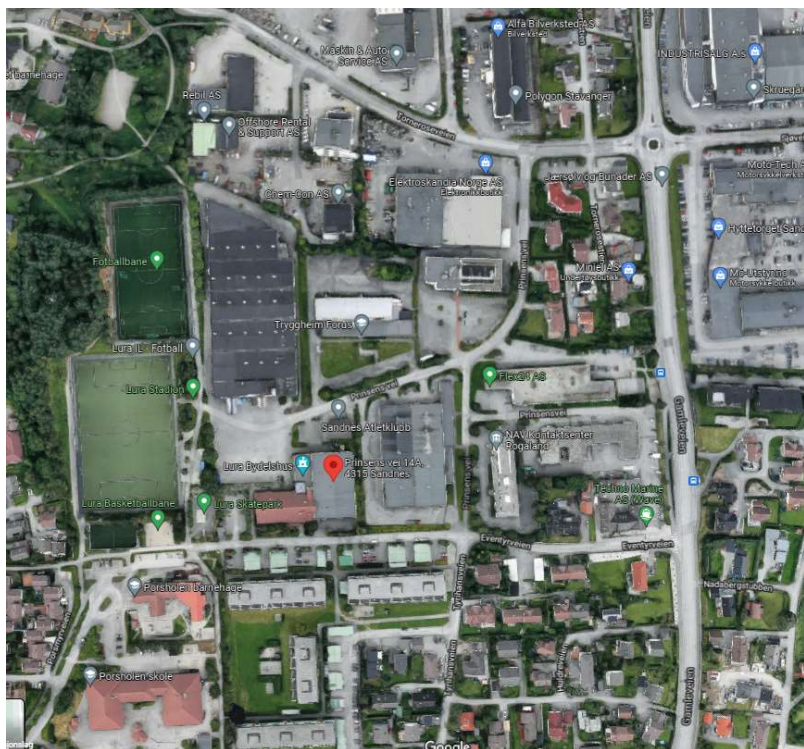


## BANQUET

There will be **no** banquet for athletes attending the training session.

## THE LOCATION OF THE HALL

Lurahallen,  
Prinsens vei 14A, 4315 Sandnes, Norway



## PARKING

There are generally good parking facilities at the hall.



## PRACTICAL INFORMATION FOR CLUBS

**Payment for gasshuku must be made by 1. December 2021:**

- Total payment for gasshuku (training and grading) is made to Lura karate club
  - Account: 1503.18.85482
  - The payment is marked with: "AutumnGasshuku 2021, "club name""
- List of participants is sent to Lura karateklubb
  - runemagne@lurakk.no
- Make sure that the amount paid matches the sum on the registration list.

### Checklist:

- Grant invitations to all members and encourage participation.
- Inform that registration for gasshuku, training and grading is collected.
- Accept sign-ups and payments from members. The registration deadline for the organizer is 01.12.2021.
- The main instructor in the club does not pay the participation fee for training in gasshuku but must nevertheless be written on the payment/registration form. One then only writes 0 kroner on the training fee. Grading fees are paid as usual.
- Accept passports and check passports (license mark, previous gradations). Together with the passports, grading cards must also be filled in for those who are going to graduate. The grading cards should be added with the passport (feel free to use paper clips). Athletes who are going to Dan graduate must also submit passports and grading forms to the club.  
The athlete will also pay both the training fee and the dan-grading fee to the club in the same way as others who are going kyu-graduate.
- Make sure that no one with a one-year extension grades themselves before time. This is checked by the fact that there is no notice of this in the passport.
- Send electronic list of all participants from the club to the organizer club.  
**Norwegian participants must remember to use an EXCEL sheet sent to you. All registration must be done via this worksheet. (No other formats are accepted, such as Open Office).**
- **For foreign participants, we request a complete registration list from each club from the respective main instructor. The list must contain surname, first name, age, dan/kyu, if one is taking a test.**
- Ensure total payment from the club's participants in accordance with the deadline.
- Sort passports by degree and age. Separate junior (up to 12 years) and senior (from 13 years) and deliver them in suitable plastic box with a marked distinction between the degrees.
- Make sure everything is filled in correctly.
- Parking takes place outside the hall.

**Check-in at the hall on Friday begins about 1700. The person in charge of the club delivers passport/grading notes for those who will be grading during Friday.**

- Everyone must be ready to line up in the hall approx. 17:15 (15 min before the start of training).

### Hotel/accommodation:

It is recommended to book a room at Scandic Stavanger Forus or at Thon Hotel Sandnes.

Each participant (incl. entourage) must book a room **directly to the hotel**. See the invitation for more information.