



SHORINJI KEMPO  
少林寺拳法



# **OPEN EMBUKAI & GASSHUKU**

GÖTEBORG  
14, 15 OCH 16 NOVEMBER 2014



# WELCOME



Dear all,

We warmly welcome you to Gothenburg to join us for a Gasshuku and Open Embukai. This weekend long event will take place in November 14-16, 2014. All participants are also invited to join the open Swedish national championship in Embu, Tandoku Embu and Dantai Embu.

Confirmed instructors include:

- Anders Petterson, 6th Dan (Karlstad, Sweden)
- Kili Diaz, 6th Dan (Lasarte, Spain)
- Eduardo Narro, 5th Dan (Guipuzcoa Norte, Spain)
- Alexander Tilly, 5th Dan (Stockholm Södra, Sweden)
- Arnaud Tiquet, 3rd Dan (Göteborg, Sweden)

The price is 500 SEK/person which includes all training sessions & two lunches. The dinner on saturday will be paid separately. We will assist with accommodation and our dojo will be offered for overnight stay free of charge (limited number of guests).

Training schedule:

Friday 14th of Nov.: 17:00-20:00

Saturday 15th of Nov.: 9:00-17:00 (Embu competition in the morning)

Sunday 16th of Nov.: 9:00-16:00

Warmly welcome to Göteborg,  
Best regards,

Arnaud Tiquet,  
Shibu-cho Shorinji Kempo Göteborg  
[www.skgbg.se](http://www.skgbg.se)



# TRAINING SCHEDULE



## FRIDAY, 14<sup>TH</sup> OF NOVEMBER

17:00 - 17:10	Opening Ceremony, Introduction
17:10 - 17:30	Chinkon gyo, Taiso
17:30 - 18:15	Workshop 1
18:15 - 19:45	Workshop 2
19:00 - 19:45	Workshop 3
19:45 - 20:00	Stretching & End of the day

## SATURDAY, 15<sup>TH</sup> OF NOVEMBER

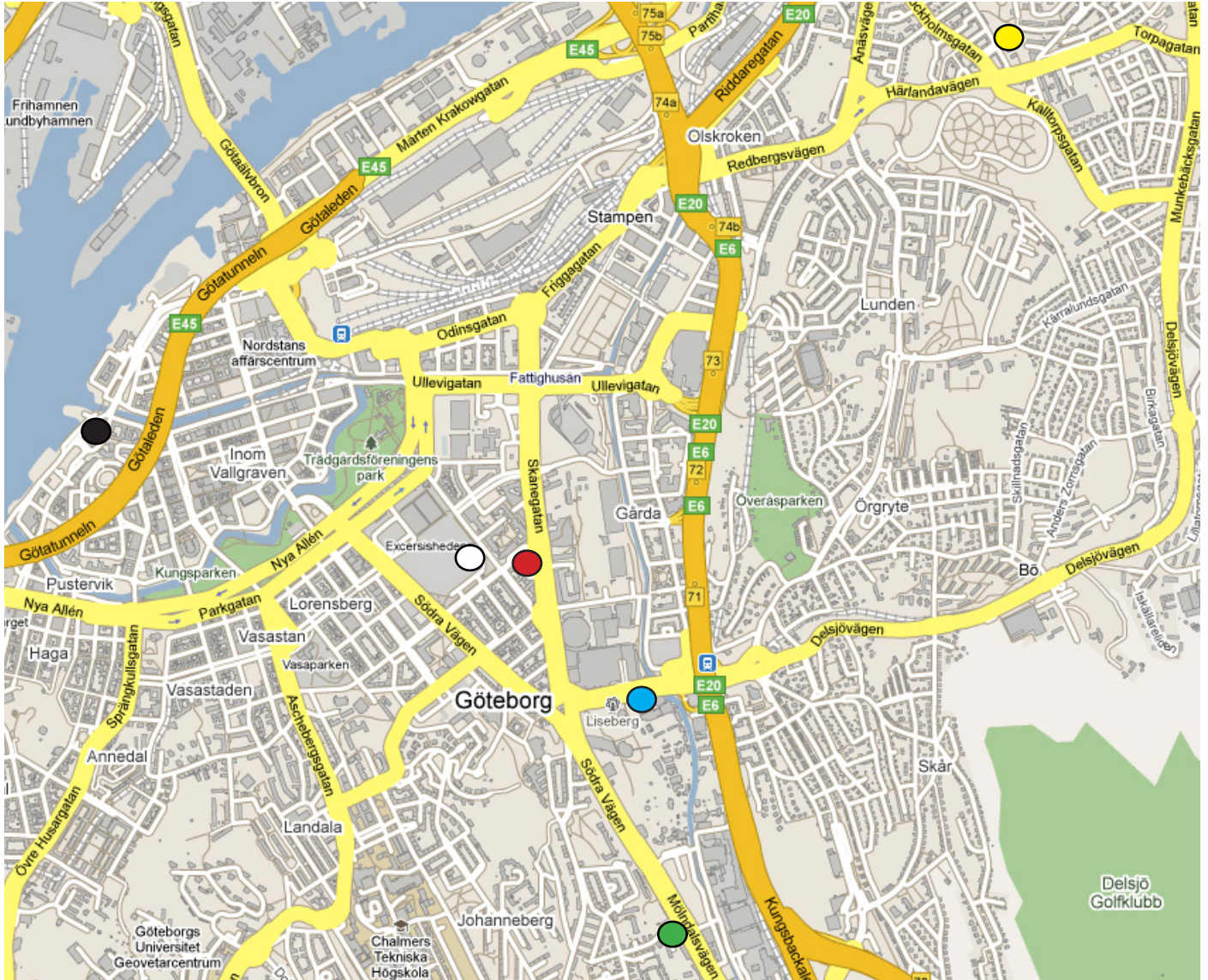
9:00 - 9:45	Chinkon gyo, Taiso, Embukai preparation
9:45 - 12:00	Embukai
12:00 - 13:00	Lunch
13:00 - 13:45	Workshop 1
13:45 - 14:30	Workshop 2
14:30 - 15:15	Workshop 3
15:15 - 16:00	Workshop 4
16:00 - 16:45	Workshop 5
16:45 - 17:00	Group Picture & End of the day

## SUNDAY, 16<sup>TH</sup> OF NOVEMBER

9:00 - 10:45	Chinkon Gyo, Taiso, Seiho
10:45 - 11:30	Workshop 1
11:30 - 12:00	Howa
12:00 - 13:00	Lunch
13:00 - 13:45	Workshop 2
13:45 - 14:30	Workshop 3
14:30 - 15:15	Workshop 4
15:15 - 16:00	Workshop 5 & End of Gasshuku



# MAP



- Lisebergshallen, Training Hall
- Göteborgs vandrarhem
- Scandic Opalen
- Göteborg Shibu
- Restaurang Bamboo & Best Western Göteborg
- Hotell Liseberg Heden



# ACCOMODATION, FOOD AND PAYMENT



## ACCOMODATION

Each kenshi is responsible for his/her own booking. If you have any question, please contact Arnaud: 0733-515615 / arnaud.tiquet@gmail.com.

### Hotels

Best Western Hotel Göteborg

Göteborgs vandrarhem (hostel): [www.goteborgsvandrarhem.se](http://www.goteborgsvandrarhem.se)

Scandic Opalen: [www.scandichotels.com/opalen](http://www.scandichotels.com/opalen)

Hotell Liseberg Heden: [www.liseberg.se](http://www.liseberg.se)

### Dojo

For budget kenshis, Göteborg Branch offers the possibility to stay in the dojo for free. The dojo is located at Landerivägen 9, Redbergskyrkan Church. You can reach it with the tramway 1 at Stockholmsgatan station. There is a shower, toilets, a coffee machine and a microwave available. You have to bring your own pillow, sleeping bag, mattress and sheets. The dojo will be offered to international kenshis first.

There is a limit of 20 places in the dojo. Please book it as soon as possible.

## FOOD

Lunch will be served in the training hall on Saturday and Sunday. A pasta salad with either chicken or ham will be available. Vegetarian alternatives are also available upon request on the registration form. Lunches are included in the fee.

## PAYMENT

The Taikai/Gasshuku fee is 500 SEK. It includes the training fee, both lunches on Saturday and Sunday. The dinner will be paid separately. No extra fees will be charged for the embukai.

The fee will be paid by each branch and visable at the branch account before the 14th of October on:

Shorinjikempo Göteborg

Organisation Number: 855 102-1077

Branch Number: 410 118

Plusgiro konto Number: 629 4153-9

IBAN: SE 559500 009960 42 62941539

SWIFT/BIC: NDEASESS

