

19. WINTER CAMP

17 JANUARY - 19 JANUARY 2025

LAMBACH

GERMANY

Special guest and vice world champion from Bulgaria

Shihan **Valeri Dimitrov**



Instruktor

Shihan
Wolfgang Pech

Shihan
Christoph Wortmann

Shihan
Muzaffer Bacak

Etc.

Place:

**Kolpinghotel Lambach,
Lambach 1,
93462 Lam**

Times:

Beginning:

Friday, 17.01.2025
7:30 p.m.

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End:

Sunday, 19.01.2025
1:00 p.m.

The camp:

Location / first times

In 2025, the winter camp will take place - as usual - in the winter sports and climatic health resort of Lam/Bavarian Forest at the foot of the Osser (1293m). Located in the far east of Bavaria, this tranquil town offers us the best conditions for a successful training camp.

Check-in:	Friday, from 3:00 p.m.
Supper:	6:00 p.m.
First Training:	7:30 p.m. (sports field)

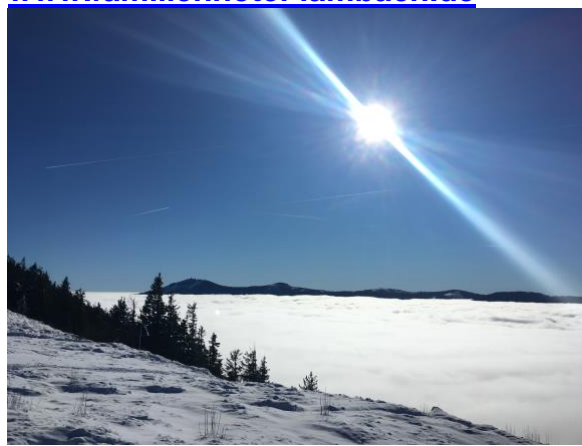
Accommodation

All participants will be accommodated in apartments in the Kolping Hotel Lambach, which was modernized in 2010. Each apartment consists of 2 or 3 double rooms, which offer plenty of space (shower and toilet in the room). The hotel offers a variety of facilities, such as TV and leisure rooms, gym, table tennis, etc.

Kolpinghotel Lambach, Lambach 1, 93462 Clam



www.familienhotel-lambach.de



www.bayerischer-wald.org/lamer-winkel/freizeit/wandern/unsere-bergwelt/osser

Catering

All participants will be fully catered for during the winter camp. The service includes every meal from dinner on Friday to breakfast and lunch on Sunday. The Kolping Hotel offers excellent, more

than rich cuisine and excellent service. The participants of the past years were enthusiastic - see for yourself!

Training content

The training includes all parts of Kyokushin Karate - Kihon, Kata and Kumite. Training takes place both outdoors and in the sports hall. There are also special trainings and events.

For squad members and perspective fighters:

As part of the winter camp, squad training (separately) will take place as usual! In view of upcoming tournaments, it is of enormous importance that all squad members and those who want to become one participate in this winter camp.

Participant

Karatekas can participate from the age of 12, regardless of graduation. Participants under the age of 18 require written permission from their legal guardian.

Of course, karatekas from other (Kyokushin) associations are also invited. The training will be designed in such a way that each participant can benefit from the camp according to his or her graduation (division into groups etc.).

Other

After the winter camp, you can enjoy a leisurely skiing holiday in the Bavarian Forest. The Kolping Hotel also offers good conditions here, especially excellent accommodation and catering. The Bavarian Forest is a popular ski area. Starting from the winter sports resort of Lam, there is something for every ski and snow fan within a radius of 25km.

www.arber.de

www.skieck.de

www.hohenbogen.de

Organizer

Deutsche Kyokushinkai Organisation e. V.

The Winter Camp is organized by Oyama Karate Bad Kötzing e. V.

Organizers and organizers assume no liability for damages of any kind. Participation in the Winter Camp 2025 is at your own risk and at your own risk!

Online registration is possible from 15.09.24 !

Link:



<https://forms.gle/j2YvFkSBq9Ui3DZf7>

Further information:
mawi1@gmx.de

Journey: www.familienhotel-lambach.de

Join us!

The camp fee is €180 per person!!

Registration until...

... at latest 15.12.2024!!!

Please register in good time (as early as possible), as we only have a limited number of beds available for the winter camp 2025. Places will be allocated according to the order in which the registration is received, including the camp fee!!

The popularity of the German Winter Camp has increased over the years, so it is very likely that 2025 will be booked up again quickly.

Bank account (fee must be transferred to register):

Oyama Karate Bad Kötzting e. V. (OKBK)
IBAN: DE 72750690810100025410
BIC: GENODEF1KTZ
Keyword "**Winter Camp 2025**"

WINTER CAMP T-Shirt

For 2025, both T-shirts and sweaters/hoodies are planned again. Please express your interest when registering online. A reorder is not possible!

The shirts/sweaters must be ordered by **15.12.2024** at the latest - a later order can no longer be considered.

This year we ask you again to transfer the price for the T-shirts/sweaters together with the camp fee.

Equipment

At least you should bring:

- 2 - 3 karate gi's with belt (the more suits, the better)
- EKO Pass (if available)
- Protective equipment
- Sports suit
- Sweat-Shirts/T-Shirts
- **Running shoes and trekking shoes, small backpack**
- Warm underwear, socks
- Hat, gloves
- Wind-/Regenjacke (Gore-Tex or Eso.)
- Recommended: Vitamins (especially C), mineral drinks
- **When training outdoors, please make sure that warm clothing is worn under the gi!**
- **Appropriate footwear is also enormously important!!**
- **So-called "spikes" are recommended, which are worn on black ice on the mountain (Memorial Training Osser).**