

Western Europe Integration Camp & Language Study, Boston, 24-30th July, 2016



We would like to invite all the interested parties to our annual Karate Summer Camp.

This year, the camp will take place in Boston, Lincolnshire. It will be a 7 day, sports and language event where karate training will be complemented by an intensive course of English language.

Boston, Lincolnshire is a historic town in East Midlands and boasts rich heritage of sea trading and colonial exploration. This is where the first Pilgrims set out from, to head for the new lands of North America and build new settlement, later known as Boston, USA (1630).

Boston's most notable landmark is St Botolph's Cathedral – "The Stump" (1309), said to be the largest parish church in England with one of the tallest towers in England, visible for miles around from the flat lands of Lincolnshire. The tower is approximately 83m high and has a special spectator balcony near the top section.

Sports programme

- Preparation for the World Championships & Children's World Cup (Krakow, Poland, 2016)
- Minimum two karate training sessions per day – trainings will be run in English
- Expected participants from UK, France, Lithuania, Germany, Czech Republic, Poland, Armenia, Spain and others
- Top karate instructors
- "Western Europe Integration Tournament"
- General fitness classes
- Dietary and nutrition counselling

English Study

- College Sixth Form Centre
- Professional Boston College teachers
- International groups
- Contents framed around everyday language and sports related vocabulary
- Modern classrooms – interactive white-boards, O/H projectors, PCs
- Course completion certificate (Boston College)

Accommodation

- Boston College Hostel, about 10 minutes' walk from the town centre
- Single rooms in 4 – 5 bedroom suites, free Wi-Fi
- Each room contains: single bed, bed-side table, wardrobe, desk, cupboard mounted washbasin
- Shared kitchens and bathrooms – 1 bathroom for every 3-5 people
- Play room / Lounge – table tennis, table soccer
- Free car park

Boarding

- College main canteen
- Buffet style breakfast
- Packed lunch (sandwich/wrap, fruit, bottled drinks)
- Two-course evening meal

Full information leaflet for download: [English version](#), [Polish version](#).

JKA Spring Camp, Windsor,

2016

☒ Last weekend (22-24 April) members of our Federation participated in JKA Spring Camp in Windsor. The Camp was led by Kawasoe Sensei (7 Dan, JKA UK), Mori Sensei (8 Dan, JKA HQ) and Nemoto Sensei (5 Dan, JKA HQ Instructor) – JKA All Japan Kumite Champion 2010, 2012, 2013, 2015.

DAN grading results

☒ During the Boston seminar (16-17 April) Sensei Kwiecinski carried out DAN grading. We are very pleased to announce the following results:

- Zbigniew Godzisz – 4 Dan,
- Lukasz Radwanski – 4 Dan,
- Andrzej Czyrka – 4 Dan,
- Kristine Rubina – 3 Dan,
- Daniel Sularz – 3 Dan,
- Tomasz Nowak – 3 Dan,
- Tadeusz Lejman – 3 Dan,
- Pawel Kutermankiewicz – 2 Dan,
- Andrejs Snevelis – 1 Dan.

Keep up good work everybody, congratulations and well done!

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16-17 April – Seminar with Sensei W. Kwiecinski 8th Dan



Great and well spent two-day seminar in Boston with one of the best Traditional Karate instructors in the world – Sensei W. Kwiecinski (8th Dan). Origins and purposes of the Traditional Karate have been illustrated by principles of Todome-Waza; Tai-no-sen and Amashi- Waza trained in variety of combinations reflected in Wankan, Gankaku and Hangetsu kata helped in transition to the DAN grading, which took place at the end of day one. The second day of the seminar was concluded with Heian-Nidan kata (for all grades). This has given us a good foundation for the TKFGB national squad training focused on the Kumite-Kihon (led by Sensei Lukasz Radwanski) and Kumite-timing exercises (led by Sensei Andrzej Czyrka).

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