



EUROPEAN MATSUBAYASHI-RYU KARATE-DO ASSOCIATION EUROPEAN SEMINAR

Bergen, Norway, 8th – 13th of May, 2012

SOKE TAKAYOSHI NAGAMINE, 10TH DAN, HANSHI-SEI

松
林
流

空
手
道

To My Fellow Members of The
European Matsubayashi-ryu
Karate-do Association,

It gives me immense pleasure to
invite you and your students to
our beautiful city of Bergen,
Norway, for the Matsubayashi-
ryu European Seminar from the
8th to the 13th of May, 2012.

This event will provide every
Dojo owner within the EMKA
the opportunity to receive hands
on training and guidance from
Soke Nagamine, 10th Dan,
Hanshisei, the grandmaster of
Matsubayashi-ryu. You will have
the chance to fine tune your
techniques, and gain a deeper
insight and understanding of the
skills, the tactics, and the true
essence of Matsubayashi-ryu.

With kind regards,
Ole-Bjørn Tuftedal

SEMINAR SCHEDULE

Tuesday	18 – 20	3 rd kyu and above
Wednesday	12 – 14	3 rd kyu and above
Wednesday	17 – 19	all ranks
Thursday	12 – 14	3 rd kyu and above
Thursday	17 – 19	all ranks
Friday	12 – 14	3 rd kyu and above
Friday	17 – 19	all ranks
Saturday	11 – 12.30	3 rd kyu and above
Saturday	14 – 15.30	3 rd kyu and above
Saturday	17 – 19	all ranks
Sunday	11 – 13	3 rd kyu and above
Sunday	15 – 17	all ranks





Soke instructing in Bergen.

EMKA DOJO OWNERS' MEETING

Friday 15.

SEMINAR DINNER

Saturday 20.

SCHEDULE CHANGES

The organisers reserve the right to add to, alter or combine the scheduled classes if deemed necessary.

SEMINAR FEES

€70 for the whole seminar, €50 for the week-end.

LOCATION

The seminar venue is located in the city centre on the university campus at the Students' Sports Centre, *Studentsenteret*, Parkveien 1, Bergen.

<http://maps.google.com/maps?q=Parkveien+1,+Bergen,+Norway>



EXPERIENCE BERGEN

Of course you will also have the opportunity to explore the beautiful city of Bergen itself, the second largest city in Norway and the administrative centre of Hordaland County.

Bergen, with its centre built around the bay of Vågen, faces out towards the fjord of Byfjorden. It is the true mythical phoenix, rising from the ashes of fires which have destroyed the city many times throughout the centuries, but the defiant people of Bergen have always stood their ground against tide and time, rebuilding their beloved city, and causing it to stand as testament to their courage, fortitude and true love for their homeland.

According to lore, it was King Olav Kyrre, son of Harald Hardråde who founded Bergen, just after the end of the age of Vikings, but it has been the city's holding of one of the offices of the Hanseatic League, making it a principle trading port of Europe throughout the centuries, which has influenced the growth, development and the cultural and architectural beauty of the cityscape.

Nestled in the caress of the mountains which give Bergen its title of the City of the Seven Mountains, (de syv fjell) which protect it from the sometimes harsh North Sea winds, history and modernity combine in this university city where you can visit museums and galleries which have the power to transport you back in time, or look for the latest fashion in the shopping areas.



Soke Nagamine with Renshi Tuftedal visiting Bryggen, the Hanseatic Wharf.

Within the city limits, the Hanseatic Wharf, Bryggen (now a UNESCO World Heritage Site), the Fish Market, the Trolldhaugen home of composer Edvard Grieg, the Aquarium, the 12th century St Mary's Church, the art collection of Rasmus Meyer, and of course, the Old City Of Bergen city itself are just a few of the sites which you simply must see. Or why not take a trip on the funicular Fløibanen, to the summit of Fløyen mountain, where you will be struck by the true beauty of nature as your eyes strain to take it all in.

From there, look out upon Ulriken, the Løvstakken, the Damsgårdsfjellet, the Lyderhorn, the Sandviksfjellet, the Blåmanen, the Rundemanen, and the Askøyfjellet mountains while Bergen city seems to scale the mountain sides. Look west over the fjord of Byfjorden, and onwards to the islands of Askøy, Holsnøy and Sotra which stand guard against the crashing waves of the North Sea. Here atop the summit of Fløyen, the pressure of life will disappear as majesty of nature touches the very heart of your being.

From there, descend to one of the fantastic restaurants and enjoy a meal of Reinsdyr, Fårikål, Klippfisk or Norwegian Salmon. If you are feeling adventurous, perhaps you could even try Smalahove! Or relax with friends, new and old, as you sip Norway's national drink Aquavit and talk of our shared passion, Matsubayashiryu.

We will assist in arranging trips for those wanting to walk in the mountains or see more of the fjords.

AIRPORT

Bergen Airport Flesland BGO. All other airports are too distant to be useful.
Take the airport bus to the city centre. Price NOK 95.

There are many web sites that help with finding the best flights. One we have found good is:
www.skyscanner.com

GETTING AROUND

The city centre itself is compact, and you can reach most interesting locations on foot.

ACCOMODATION

8 Norwegian Kroner (NOK) is approximately 1 Euro.

All suggested lodgings are in the city centre and within walking distance of the seminar venue.
The cheapest are hostels, and the lower prices are in double or multi-bed rooms.

NOK 210-550 Marken Gjestehus

<http://www.marken-gjestehus.com/eng/homepg.aspx>

NOK 280-450 Bergen YMCA Hostel

<http://www.bergenhostel.com/>

NOK 400-600 Stølesmauet Guesthouse

<http://ww.bergenguesthouse.com/InformationPrices>

NOK 440-545 Gullaksen Guesthouse

http://www.gullaksen-gjestehus.no/Om_Gullaksen_Gjestehus-6822s.html&lang=en

NOK 450-750 Skansen Guesthouse

<http://www.skansen-pensjonat.no/>

NOK 599- City Apartment Hotel

<http://www.visitbergen.com/no/OVERNATTING/Pensjonat/?TLp=180272&City-Apartment-Hotel=>

NOK 790- Jacobs Apartments & Hotel

<http://www.jacobsbergen.no/en/web/static/index/id/apartamentHotel>

NOK 1076- Thon Hotel Bergen Brygge

<http://www.thonhotels.com/hotels/countrys/norway/bergen/thon-hotel-bergen-brygge/>

NOK 8300 for 1 week for 4 people: Apartments Bergen

<http://www.visitbergen.com/en/WHERE-TO-STAY/Guesthouse-pension--apartment/?TLp=239981&Apartmentsbergen=>

MORE INFORMATION

For more information, please contact us via e-mail at info@matsubayashi-ryu.org

We look forward to welcoming you in Bergen in May, with the city looking it's best dressed for spring!