

2012.03.22
Vilnius

Regional [North-Eastern Europe] Kyudo Seminar

Vilnius, Lithuania
April 7th – 9th, 2012

Teachers:

Feliks F. Hoff (Kyoshi 6.Dan),
Hans de Wekker (Kyoshi 6.Dan).

Themes:

To prepare for EKF Shinsa 2012 (Paris, 16-27 July, 2012).

Participants:

Finland:

Virva Ohtonen
Marko Crivaro
Saana Maria Virtanen
Juhana Niittyta
Kati Tuominen-Niittyta
Simo Hellsten
Hanna Hellsten (guest)

Germany:

Eric Nguyen
Kumiko Tasaki

Netherlands:

Rolf de Weert

Lithuania:

Tomas Kučinskas
Ringa Baltrušaitė
Aušra Vanagaitė
Vladas Šakauskas
Vitalijus Bertašius
Kazimieras Mickus
Aurelija Vosylė
Denis Ugriumov

Romania:

Traian Dascalu
Constance Dascalu
Cristian Stanculescu
Livia Antoaneta Mirica (guest)

Russia:

Petr Anokhin
Elena Akimova
Gleb Enson
Fedor Moroz
Vladimir Triodin
Vsevolod Gavrilenco
Lilia Kalinova
Ekaterina Nenakhova
Natalia Shper

Sweden:

Jan Graaf
Andrea Hennyey
Laszlo Hennyey
Sergio Rojas
Ms Rojas (guest)
Rauno Vaara

Please confirm [list of the participants including their grading](#) to info@kyudo.lt by **March 25th**

Hotel rooms are booked from April 6th to April 9th (3 nights).

Please inform if You require [extended stay in the hotel](#) by **March 27th**

Please pay outstanding part of the [participation fee](#) by **April 5th** by bank transfer or
You can pay in cash during Registration.

Bank details:

SWIFT: CBVILT2X

Bank name: AB SEB Bankas

Bank address: Gedimino ave. 12, LT-01103 Vilnius, Lithuania

Company name: Lietuvos Kyudo Federacija

Company code: 300514549

Company account (IBAN): LT77 7044 0600 0533 9047

All bank charges must be paid by the participants.

Weather: <http://www.meteo.lt/english/forecasts.php>

Preliminary schedule:

April 6th

19:00 Registration / Dinner at Riverside restaurant at Radisson Blu Hotel Lietuva
20:00 Meeting of all Instructors and responsables

April 7th

08:30 Assembly
08:45 Opening Ceremony. Hairei – Greetings - Information
09:10 Yawatashi
09:25 Seminar
12:30 Lunch break
13:45 Seminar
17:50 Close
18:00 Free practise
19:30 Dinner

April 8th

08:30 Warming up
08:45 Assembly – Hairei - Information
09:00 Embu by Instructors
09:15 Seminar
12:30 Lunch break
13:45 Seminar
17:50 Close
18:00 Free practise
19:30 Dinner

April 9th

08:30 Warming up
08:45 Assembly – Hairei - Information
09:00 Embu by Instructors
09:15 Seminar
12:30 Closing ceremony
13:00 End
13:30 Lunch
14:30 Free practise
16:00 Deconstruction of the dojo

Seminar will include:

- Hitote in 5 shajo (2 arrows per participant - first check) followed by an advice and a task to each participant
- Kihontai - Basic Postures and Movements
- Yatsugae - nyujo-taijo - Zasha and Rissha
- Fundamentals of shooting / Shaho-Shagi no Kihon
- Shitsu Practise (Dropping of an Arrow, a Bow; Breaking a String)
- Preparatory Practice for Examination (Final Check) in paralell in 2 shajo
- Practise and last feedback / evaluation

Venue:

Lithuanian University of Educational Sciences Sport Centre. Studentu 39, Vilnius.
<http://www.vpu.lt/en/Page.aspx?pageID=3054>

How to find:

581391, 6063033 (LKS)

54.697122, 25.262652 (WGS)

54° 41' 49.64", 25° 15' 45.55" (WGS)

<http://maps.lt/map/default.aspx?lang=lt#obj=581381;6063031;Pa%C5%BEm%C4%97tas%20ta%C5%A1kas;&xy=581340,6062982&z=2000&lrs=hybrid,stops,zebra>

It is walking distance 1km from the Hotel.

Hotel:

Radisson Blu Hotel Lietuva. Konstitucijos pr. 20, Vilnius.
<http://www.radissonblu.com/lietuvahotel-vilnius/location>

Lunch:

At restaurant close to the Sport Centre.

Dinner:

Buffet menu.

At Riverside restaurant at Radisson Blu Hotel Lietuva. Konstitucijos pr. 20, Vilnius.
<http://www.riverside.lt/en>

Vilnius map:

Arrival from Airport to Hotel by Bus:

Bus number 2.

Takes 28 minutes.

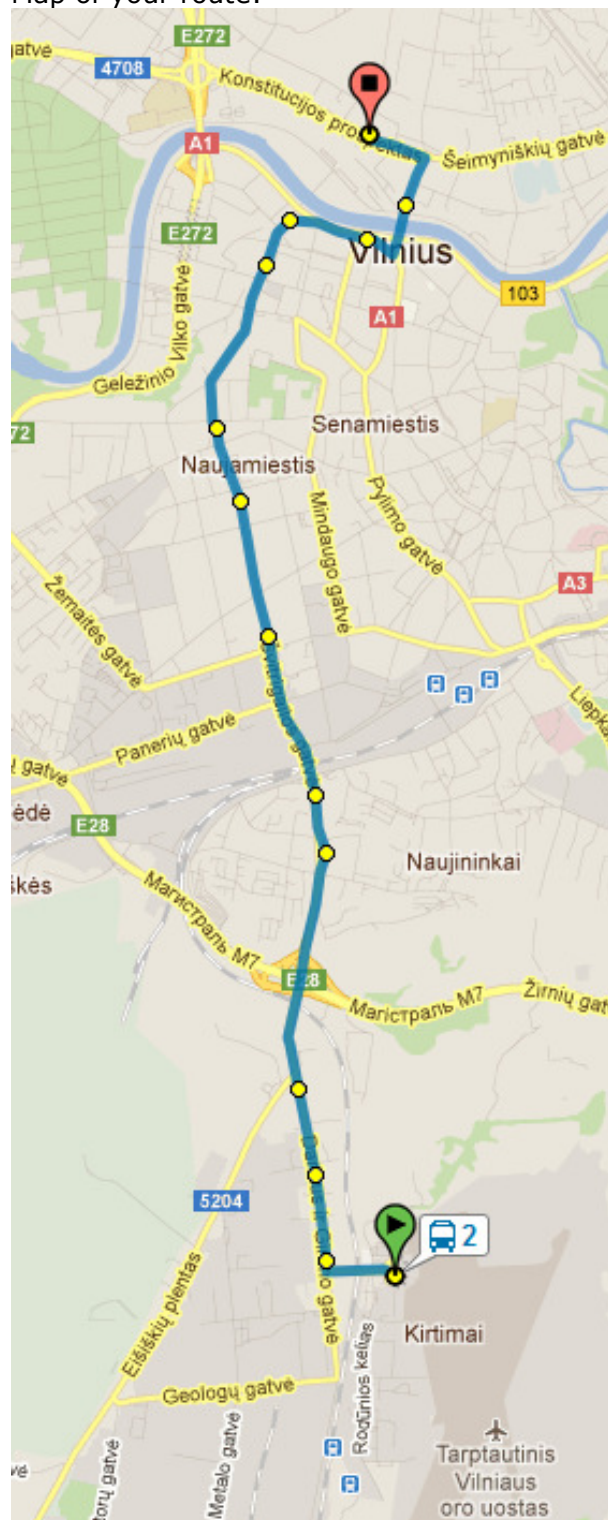
Detailed timetable you can find at: <http://www.vilniustransport.lt/autobusai.html>

Select Route 2 and direction to "Oro uostas-Centras-Šeškinė".

You go from first bus stop "Oro uostas" to "Europos aikštė".

You can buy a ticket at newspaper kiosk at Airport Arrival Hall (one-way ticket 2 LTL) or in the bus at driver (one-way ticket 2.5 LTL).

Map of your route:



Arrival from Bus/Train station to Hotel by Bus:

Bus number 43.

Takes 17 minutes.

Detailed timetable you can find at: <http://www.vilniustransport.lt/autobusai.html>

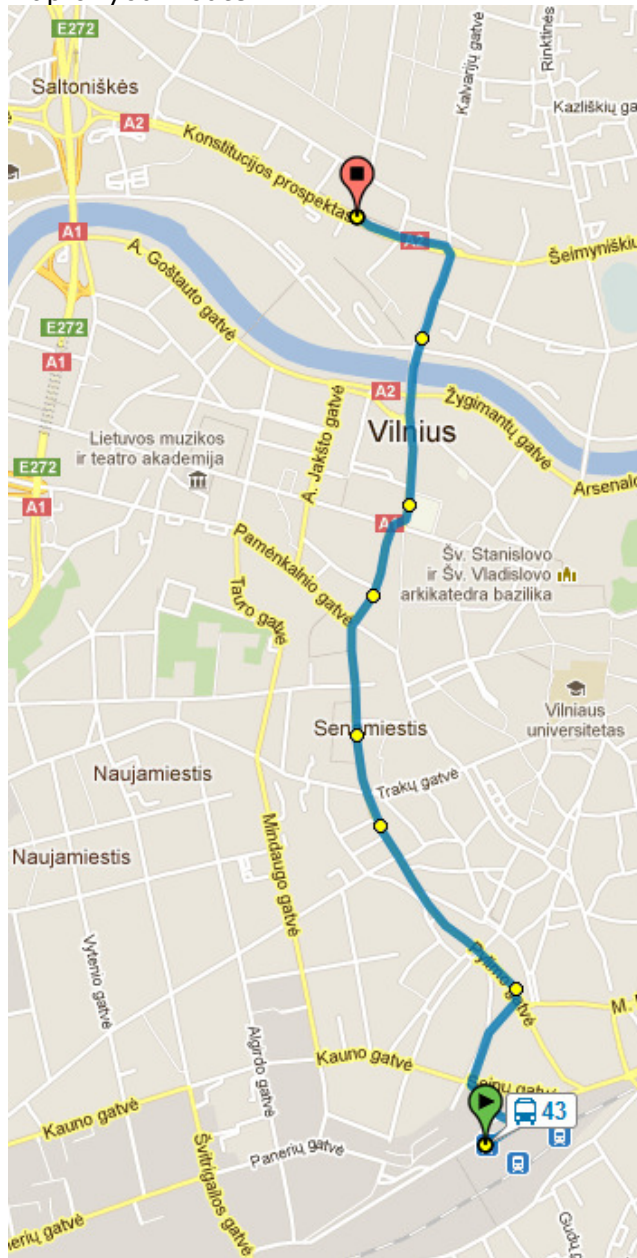
Select Route 43 and direction to "Stotis-Zaliasis tiltas-Šeškinė-Justiniškės"

You go from first bus stop "Stotis" to "Europos aikštė"

You can buy a ticket at newspaper kiosk (one-way ticket 2 LTL)

or in the bus at driver (one-way ticket 2.5 LTL)

Map of your route:



Additional information:

Easiest way to plan your routes and to find all timetables with public transportation in

Vilnius: <http://stops.lt/vilnius/#plan//en>

Arrival to Hotel by Taxi:

If You would like to go from the Airport or Bus/Train station by Taxi or Car, please contact us info@kyudo.lt by **March 27th** and we will propose best options.

Lithuania:

Area: 65.300 km²

(In 14th century Lithuania was the biggest country in Europe).

Official language: Lithuanian

(the oldest living language of the Indo-European family).

Population: 3,4 million (2010).

Capital: Vilnius (population 550 000 (2010)).

National currency: Litas (LTL)

3.4528 LTL = 1 euro.

Independence:

Declared on 16 February 1918.

Restored on 11 March 1990.

Member of EU since 1 May 2004.

Ethnic composition: Lithuanians 83.5 %.

Religion: Roman Catholic ~80 % (Lithuania was the last pagan country in Europe to become Christian in 1387).



Climate: Maritime/continental.

Weather: <http://www.meteo.lt/english/>

Time zone: EET (UTC+2); EEST (UTC+3).

The highest point: Aukštojas Hill (293.84m), near Vilnius.

The largest and longest river: Nemunas (937 km).

National sport: Basketball.

National food: Cepelinai (potato and meat dish).

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Welcome to Lithuania on Easter!

