

## ISBA SEMINAR 2025 - Skibotn, Norway GENERAL SEMINAR ANNOUNCEMENT

Dear ISBA Member and Friend,

ISBA has kindly recommended us to organize the International Shiseikan Budo Seminar in Norway from Tuesday 05th evening (welcome dinner) to Monday 11th morning (breakfast) of August, 2025 with the support of the Meiji Jingu Shiseikan.

Stein-Are Engstad, Stein Lian, Anna Alvik and members from Reimeikan Aikido will jointly work as heads of hosting country dojos.

We are above the Arctic Circle, 1700 km from Oslo! Skibotn is a small village at about 2 hours' drive from Tromsø in Northern Norway. Tromsø has an international airport. At the beginning of August there is 20 hours of sunlight a day and the temperature is typically between 10 and 17 degrees. This year's seminar is nature-based, and Strandbu Camping is the main location. There will be accommodation in camping cabins both at Strandbu and at the neighboring campsite Oldereelv, about 20 minutes' walk away. The training will take place in the sports hall in Skibotn and out in nature. Everything is within a radius of about a 20-minutes' walk.

1. The theme of this year's seminar is "自然に shizen-ni: naturally", because the location is very close to nature and we think that these surroundings can help us to feel nature, become more natural and practice naturally.

2. The seminar will be conducted under the leadership of Shiseikan Kancho Udagawa Tetsuya probably accompanied by a senior level delegation and students from the Shiseikan, assisted by instructors from dojos under the umbrella of ISBA.

3. The seminar dates are 05th-11th of August, 2025.

4. The attendance priority to the seminar is first of all given to people involved in the study of Budo with long-term relationship to the Shiseikan and intense commitment to ISBA and Shiseikan related activities, recommended by ISBA member dojo leaders. The final selection of participants will be made following the 'guidelines'. Applications are welcomed in the 'participant application' form file only. By applying, each applying person automatically agrees to obey the attached "rules and regulations".

5. The official languages of the seminar are Japanese and English.

6. The total number of people that can be hosted there is around 50, including teachers, participants and seminar staff.

7. As it is less expensive than renting a car or hauling a taxi and the price is not included in the seminar fee, for participants we recommend public transport from Tromsø to Skibotn with Bus 160. There is only one bus on August 5th: Departing from Tromsø Protneset at 3 pm. Arriving at Skibotn school at 5:10 pm. There are two buses on August 11th: Return to Tromsø 11th of August departing at 7:25 am, arriving at Tromsø centrum at 9:34 am. Or bus 920 departing from Skibotn Hotel at 3:45 pm, arriving at Tromsø centrum at 5:35 pm.

8. Strandbu and Oldereelv camping offers accommodation in basic cottage houses. Some of the cottages have bathrooms and some are without bathrooms. There are service buildings with showers and toilets available on the site. All cabins have refrigerators and electric kettles. Bedclothes, soap, towels and toilet paper are provided. The organizing committee will place participants based on

seniority and wishes from the participants. Some of the cabins have two bedrooms, and some have only one room. We will try to distribute the participants so that there will be 2 people per room. There are also options for accommodation in your own tent. For accommodation in your own tent or caravan, the total price of the seminar (the seminar fee) will be about 100 EUR lower.

9. The sports hall is about 15 minutes walking distance from the campsites. The building is a professional training hall with changing-rooms, toilets and showers. There is no tatami in the sports hall.

10. Three meals a day (from Tuesday 05th of August welcome dinner till Monday 11th of August breakfast) are served in a Lavvo at Strandbu Camping. The Lavvo is a traditional Sami tent, and there is seating for about 40 people inside and 20 outside. The meals are composed to satisfy the needs of both meat-eaters and vegetarians. Special diet adjustments can be made on request and for an extra charge. The meals are served in the form of an open buffet (not in portions).

11. All participants have free 24/7 wi-fi access to the internet, an open-air fireplace and many opportunities to walk along the beautiful Skibotn River, on forest trails, and in the mountains around Skibotn.

13. A sauna is available every evening at Strandbu camping. The Hot Tub is available on some evenings.

14. The seminar fee is about NOK 10 000-11 000 (currently equivalent to about 900 €, and about 100€ less for participants in own tents or caravans) per ISBA participant, and +10% per non-ISBA participant. The fee covers practice, training facilities, full-board accommodation (except for any extra charge for special diets) and cultural programme. The fee must be paid to a bank account by transfer at registration. The account number will be provided.

15. The seminar programme consists of mental and physical practice, lectures, cultural events and free-time activities. Also, the General Assembly of Representatives, preceded by leaders' and delegates' meeting and discussion, will probably be held in the middle of the seminar.

16. The cultural programme promises to be a guided encounter with the surrounding nature.

17. Laundry facilities are available at the campsites. The price is about NOK 50 (equivalent to about 4 €, not included in the seminar fee) per washing machine and dryer. Payment by credit card is acceptable at the reception.

**Registration for the seminar will open soon, but it would be of great help to the local organizers if we could receive an email from you with feedback and an approximate number of participants from each club. Thank you very much!**

Looking forward to meeting you at ISBA Seminar 2025 in Norway!

Best Regards,  
Stein-Are Engstad, Anna Alvik and Stein Lian  
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