



### Kata

---

#### Thursday, September 18, 2025

- **Starting at 3:00 PM:** Room check-in
  - **3:00 PM - 4:30 PM:** Kata training, Combat Arena
  - **4:30 PM - 6:00 PM:** Meal and coach meeting
  - **7:00 PM - 8:30 PM:** Kata training, Combat Arena (focus on your own development areas, prepare in advance!)
  - **8:30 PM - 9:30 PM:** Evening snack and coach meeting
- 

#### Friday, September 19, 2025

- **7:15 AM - 7:50 AM:** Breakfast
  - **8:00 AM - 8:45 AM:** Morning wake-up exercises, Combat Arena
  - **9:45 AM - 11:00 AM:** Kata training, Combat Arena
  - **11:00 AM - 11:30 AM:** Meeting on the tatami
  - **11:30 AM - 1:30 PM:** Meal and coach meeting
  - **2:30 PM - 4:00 PM:** Kata training, Combat Arena
  - **5:00 PM - 7:00 PM:** Meal
  - **7:00 PM - 8:00 PM:** Joint training for all, Combat Arena
- 

#### Saturday, September 20, 2025

- **7:15 AM - 7:50 AM:** Breakfast
  - **8:00 AM - 8:45 AM:** Morning wake-up exercises, Combat Arena
  - **8:45 AM - 9:15 AM:** Meeting on the tatami
  - **9:45 AM - 11:00 AM:** Kata training, Combat Arena
  - **11:30 AM - 1:30 PM:** Meal and coach meeting
  - **2:30 PM - 4:00 PM:** Kata training with referee, Combat Arena
  - **5:00 PM - 7:00 PM:** Meal
  - **7:00 PM - 8:00 PM:** Joint training for all, Combat Arena
- 

#### Sunday, September 21, 2025

- **7:15 AM - 8:30 AM:** Breakfast
- **8:30 AM - 10:45 AM:** Kata training, Combat Arena
- **11:00 AM - 1:30 PM:** Camp ends, room check-out before 12:00 PM! Meal and coach meeting

# Kumite

Thursday, September 18, 2025

- Starting at 3:00 PM: Room check-in
  - 4:30 PM - 6:00 PM: Kumite training, Combat Arena
  - 4:30 PM - 7:30 PM: Meal
  - 8:30 PM - 9:30 PM: Evening snack and coach meeting
- 

Friday, September 19, 2025

- 7:15 AM - 7:50 AM: Breakfast
  - 8:00 AM - 8:45 AM: Morning wake-up exercises, Combat Arena
  - 8:45 AM - 9:15 AM: Meeting on the tatami
  - 11:00 AM - 1:30 PM: Meal
  - 11:00 AM - 12:30 PM: Kumite training, Combat Arena
  - 4:00 PM - 5:30 PM: Kumite training, Combat Arena
  - 5:00 PM - 7:00 PM: Meal and coach meeting
  - 7:00 PM - 8:00 PM: Joint training for all, Combat Arena
- 

Saturday, September 20, 2025

- 7:15 AM - 7:50 AM: Breakfast
  - 8:00 AM - 8:45 AM: Morning wake-up exercises, Combat Arena
  - 8:45 AM - 9:15 AM: Meeting on the tatami
  - 11:00 AM - 1:30 PM: Meal
  - 11:00 AM - 12:30 PM: Kumite training with referee, Combat Arena
  - 4:00 PM - 5:30 PM: Kumite training, Combat Arena
  - 5:00 PM - 7:00 PM: Meal
  - 7:00 PM - 8:00 PM: Joint training for all, Combat Arena
- 

Sunday, September 21, 2025

- 7:15 AM - 8:30 AM: Breakfast
- 7:30 AM - 8:15 AM: Kumite training, Combat Arena
- 10:15 AM - 11:30 AM: Kumite training, Combat Arena
- Camp ends, room check-out before 12:00 PM
- 11:00 AM - 1:30 PM: Meal and coach meeting

# General Camp Information

Athletes participating in both Kata and Kumite trainings will attend Kumite trainings on Friday and Sunday, and Kata trainings on Thursday and Saturday.

- **24-hour contact persons for athletes during the camp:** Nelli Mantere and Mauricio Laakso
- **Kumite coaches:** Finnish: Nelli Mantere, Arttu Venäläinen and Mauricio Laakso  
Estonia: Lauri Mengel
- **Kata coaches:** Mika Virkkunen and Petri Niemeläinen
- **Physiotherapist:** Hannu Borén
- **Director / Referee:** Pirkko Heinonen
- **Coaches' meeting and rest area:** Seminar Hall
- **For more information:** Contact Mika Virkkunen at [mika.virkkunen@karateliitto.fi](mailto:mika.virkkunen@karateliitto.fi) or phone: +358 44 3303 004



## Welcome to Pajulahti

### ACCOMMODATION ●

- 1 SILMU 1: 1201 – 1217, 1301 – 1319, 1401 – 1407
- 2 SILMU 2: 501 – 511, 550 – 565, 512 – 513
- 3 SILMU 3: 3101-3109, 3201-3213, 3301-3313
- 4 SILMU 4: 60 – 68, 70 – 79, 80 – 88, 89 – 92
- 5 HOTEL RANTAPAJU: 101 – 114
- 6 HOTEL HOPEAPAJU: 601 – 620
- 7 HOTEL KANGASPAJU: A711-716 B21-726 E751-756
- 8 HOTEL KALLIOPAJU: 8101 – 8106, 8201 – 8206, 8301 – 8312, 8401 – 8412
- 9 HOTEL PUUSTOPAJU:  
A 9A101 – 9A108, 9A201 – 9A208 B 9B101 – 9B108, 9B201 – 9B208  
C 9C101 – 9C108, 9C201 – 9C208 D 9D101 – 9D108, 9D201 – 9D208

### BUILDINGS ●

#### MAIN BUILDING

- 10 Reception  
Restaurant and cafe  
Gym  
Children's playroom
- 11 Start lobby  
Auditory and meeting rooms  
Administration  
Ball hall and dance studio  
Training, Recovery  
& Research Center  
Massage and student massage  
Testing 1, sports 1st floor  
Testing 2, fitness 2nd floor  
Library
- 12 NIKULA HALL
- 13 COMBAT ARENA
- 14 TENNIS HALL, courts 3 & 4
- 15 SPORTS HALL
- 16 ICE STADIUM
- 17 SWIMMING HALL
- 18 SAUNAS, LOUNGE with FIREPLACE
- 19 PAJULAHTI HALL
- 20 PAJUNPESÄ CAMP FIRE
- 21 LOUE CAMP FIRE
- 22 PAAHTIMO

### ACTIVITIES ○

- 23 FOOTBALL FIELD
- 24 ARTIFICIAL TURF
- 25 BEACH FOOTBALL
- 26 TRACK & FIELD
- 27 TENNIS COURTS
- 28 PADEL COURT
- 29 CAMP FIRE
- 30 CANOEING
- 31 MINIGOLF
- 32 BEACH VOLLEY
- 33 PLAYGROUND
- 34 DISC GOLF
- 35 YARD GAME
- 36 ROCK ASH FIELD
- 37 BEACH FIELD
- 38 ADVENTURE PARK
- 39 ADVENTURE PARK  
TICKET SALE
- 40 OUTDOOR GYM
- 41 FITNESS TRAILS  
AND SKI TRACKS
- 42 OUTDOOR RECREATION  
TRAILS
- 43 LAKE POOL PAJULAHTI