



Yushin-juku Kendo Dojo

presents

KENDO TRAINING CAMP

Saturday, August 31, 2013 (8am-5pm)

@ Japanese Art & Cultural Center, San Jose, California

4334 Moorpark Ave., San Jose, CA 95129; (408)418-3535; www.jpnnarts.org

Dear student, parent or friend in kendo:

You are cordially invited to our 2013 Labor Day Weekend Kendo Gasshuku. This *gasshuku*, or training camp, is open to anyone who wishes to participate, regardless of kendo school affiliations or proficiency (ranks) in kendo. Neither Yushin-juku nor JACC membership is required. Please feel free to contact me if you have any questions.

Akihiro Omi
President & Chief Instructor,
Yushin-juku Kendo Dojo

Schedule of Events:

| | |
|------------------|---|
| 7:30 - 8:00 AM | Registration & Check in |
| 8:00 - 8:45 AM | Warming up, Stretching, Breathing Exercises |
| 9:00 - 9:30 AM | <i>Kihon</i> (Basics) with Bokuto |
| 9:30 - 11:00 AM | <i>Kata</i> (Forms) |
| 11:15 - 12:00 PM | <i>Zazen</i> (Meditation & Breathing) |
| 12:00 - 1:00 PM | Lunch Break |
| 1:00 - 1:30 PM | <i>Kihon</i> (Basics) with <i>Shinai</i> |
| 1:30 - 2:30 PM | <i>Keiko</i> (Practice with Bogu) 1 |
| 2:45 - 3:45 PM | <i>Keiko</i> (Practice with Bogu) 2 |
| 4:00 - 4:45 PM | <i>Shiai Keiko</i> (Practice Matches) |
| 4:45 - 5:00 PM | <i>Samu</i> (Clean up) |

Fee: \$65 per participant (child or adult)

Notes:

1. Children must be at least 8 years old to participate.
2. Any late arrival or departure requires the instructor's permission in advance.
3. Bogu (armor) is not required to participate in this gasshuku training. Beginner students without a bogu may choose to participate in the morning sessions only (with the discounted fee of \$35) or may participate in the afternoon sessions as well.
4. Participants may bring their own lunch or go out to eat on their own. A limited amount of complementary snacks will be available at the dojo. Food, snack and soft drink donations are welcomed and appreciated.

KENDO TRAINING CAMP

Saturday, August 31, 2013 (8am-5pm)

@ Japanese Art & Cultural Center, San Jose, California

4334 Moorpark Ave., San Jose, CA 95129

REGISTRATION FORM

| | |
|---|-----------------------|
| Participant's Name | Birth Month/Year / |
| Kendo Dojo <input type="checkbox"/> Yushin-juku (JACC) <input type="checkbox"/> Other (Please specify: _____) | |
| Kendo Rank (if any) Kyu / Dan | |
| Name of Parent or Guardian (if participant is under 18) | |
| Street Address | |
| City, State, Zip | |
| Phone () | Email |

The undersigned agrees and does hereby release from all liability and hold harmless *Yushin-juku, Japanese Art & Cultural Center*, and any of its instructors, officers, volunteers and members of the board of directors. This liability release is for any and all liability for personal injuries including death and property losses or damage in connection with any activity or accommodation of the above mentioned. The undersigned does hereby further agree to abide by all the rules and regulations that are presented by *Yushin-juku* and its instructors.

X

Signature (if under 18, parent or legal guardian must sign)

Date

Please return (mail or hand-deliver) this registration form to **JACC** with the **\$65** fee. **Make all checks payable to "Yushin-juku"**. Credit card payments are accepted at JACC Reception Desk only.