



Karate-do Yushin-juku

presents

2015 LABOR DAY KARATE CAMP

Monday, September 7

Japanese Art & Cultural Center

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

Dear student, parent or friend in karate:

One-Day **Karate Training Camp** will be held on **Monday, September 7, 2015** at the **Japanese Art & Cultural Center**. This training camp (*gasshuku*) is open to anyone regardless of karate style, school affiliations, age or proficiency (ranks) in karate. Neither Yushin-juku nor JACC membership is required.

Cost is \$60 for all sessions. At-Door registration is available with no additional charge. Students may also drop-in for any of the sessions for \$19 (children) or \$22 (adults) per session.

Please come and participate in this great opportunity to enhance your karate-do experience and spirit.

Akihiro Omi
President & Chief Instructor,
Karate-do Yushin-juku at JACC

Schedule of Events:

8:00 - 8:15 AM	Registration / Check-in / Orientation
8:15 - 8:55 AM	<i>Zazen</i> (Meditation)
9:00 - 9:25 AM	Warming up & Stretching
9:30 - 10:25 AM	<i>Kihon</i> (Basics) 1
10:30 - 11:30 AM	<i>Kihon</i> (Basics) 2
11:30 - 12:30 AM	Lunch Break
12:30 - 1:25 PM	<i>Kata</i> (Forms) 1
1:30 - 2:25 PM	<i>Kata</i> (Forms) 2
2:30 - 3:25 PM	<i>Kumite</i> (Sparring) 1
3:30 - 4:30 PM	<i>Kumite</i> (Sparring) 2
4:30 - 5:00 PM	<i>Samu</i> (Clean up)

Fee: \$60 per participant (child or adult)

Notes:

1. Late arrival or departure is permitted but no refund or discount will be given.
2. 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.
3. For more information, visit www.jpnarts.org or call JACC at (408)418-3535.

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Monday, September 7

@ Japanese Art & Cultural Center, San Jose, California

4334 Moorpark Ave., San Jose, CA 95129

REGISTRATION FORM

Participant's Name		Birth Month/Year	
		/	
Karate Style			
<input type="checkbox"/> Shotokan		<input type="checkbox"/> Other (Please specify: _____)	
Karate School			
<input type="checkbox"/> Yushin-juku		<input type="checkbox"/> Other (Please specify: _____)	
Current Rank			
		Kyu / Dan (Belt Color: _____)	
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 *Karate-do 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 *Karate-do Yushin-juku* and its instructors.

X

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

Date

Please mail, or bring, this registration form to JACC with the \$60 fee. **Make all checks payable to "Yushin-juku"**. Credit card payment are also accepted at the JACC Reception Desk.