



Karate-do Yushin-juku

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LABOR DAY SHOTOKAN KARATE TRAINING CAMP

Monday, September 3, 2012 (8am-5pm)

@ Japanese Art & Cultural Center, San Jose, California

Dear student, parent or friend in karate-do:

I will host a **One-day Shotokan Karate Training Camp** on **Monday, September 3, 2012** (Labor Day) from **8am** to **5pm** at the **Japanese Art & Cultural Center** (4334 Moorpark Ave., San Jose, CA 95129; (408)418-3535; www.jpnavarts.org).

This *gasshuku*, or training camp, is open to anyone who wishes to participate, regardless of karate style, school affiliations, or proficiency (ranks) in karate. Neither Yushin-juku nor JACC membership is required.

Please feel free to contact me if you have any questions.

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

Schedule of Events:

7:30 - 8:00 AM	Registration & Check in
8:00 - 8:45 AM	Warming up, Stretching, Breathing Exercises
9:00 - 9:45 AM	<i>Kihon</i> (Basics)
10:00 - 10:45 AM	<i>Kata</i> (Forms) 1
11:00 - 11:45 AM	<i>Kata</i> (Forms) 2
11:45 - 1:00 PM	Lunch Break
1:00 - 1:45 PM	<i>Zazen</i> (Meditation & Breathing)
2:00 - 2:45 PM	<i>Kumite</i> (Sparring) 1
3:00 - 3:45 PM	<i>Kumite</i> (Sparring) 2
4:00 - 4:30 PM	<i>Shiai Keiko</i> (Practice Matches)
4:30 - 5:00 PM	<i>Samu</i> (Clean up)

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

Notes:

1. Any late arrival or departure requires the instructor's permission in advance.
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. **Participants registering by Thursday, August 23rd will receive a free "Karate Training Camp 2012" T-shirt (\$15 value).**

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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 send or deliver this registration form to **JACC** with the **\$60** fee. **Make all checks payable to "Yushin-juku"**. Sorry, we cannot accept credit card payments.