



Yushin-juku Kendo Dojo

presents

*2015 LABOR DAY WEEKEND
KENDO TRAINING CAMP*

Sunday, September 6

Japanese Art & Cultural Center

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

Dear student, parent or friend in kendo:

You are cordially invited to our 2015 Labor Day Weekend Kendo Gasshuku. This one-day 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.

Cost is \$60 for all sessions. Beginners and children without bogu (armor) may participate in the morning sessions only for \$40. 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 feel free to contact me if you have any questions.

Please come and participate in this great opportunity to enhance your kendo experience and spirit.

Akihiro Omi, President & Chief Instructor
Yushin-juku Kendo Dojo 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 - 9:30 AM	Warming up, Stretching, Breathing Exercises
9:30 - 9:55 AM	<i>Kihon</i> (Basics) with Bokuto
10:00 - 10:55 AM	<i>Kata</i> (Forms)
11:00 - 12:00 PM	<i>Kihon</i> (Basics) with <i>Shinai</i>
12:00 - 1:00 PM	Lunch Break
1:00 - 1:55 PM	<i>Kihon</i> (Basics) with <i>Bogu</i>
2:00 - 2:55 PM	<i>Keiko</i> (Free Sparring)
3:00 - 3:20 PM	<i>Shiai Keiko</i> (Practice Matches)
4:00 - 4:30 PM	Kendo Belt Test
4:30 - 5:00 PM	<i>Samu</i> (Clean up)

Fee: \$60 per participant (child or adult) / \$40 for beginners participating in morning sessions only

Notes:

1. Children must be at least 8 years old to participate.
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.

KENDO TRAINING CAMP

Sunday, September 6, 2015

@ 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

Make all checks payable to "Yushin-juku". Credit card payments are accepted at the JACC Reception Desk.