

# 2014 LABOR DAY SHOTOKAN KARATE TRAINING CAMP

*Monday, September 1, 2014 (8am-5pm)*

**@ Japanese Art & Cultural Center, San Jose, California**

Hosted by



**Karate-do Yushin-juku**

Dear student, parent or friend in karate-do:

This year's **Labor Day Shotokan Karate Training Camp** will be held on **Monday, September 1, 2014** from **8am** to **5pm** at the **Japanese Art & Cultural Center** (4334 Moorpark Ave., San Jose, CA 95129; (408)418-3535; [www.jpnants.org](http://www.jpnants.org)).

This all-day training camp (*gasshuku*) is open to anyone who wishes to participate, regardless of karate style, school affiliations, age 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 ([aki@yushin-juku.org](mailto:aki@yushin-juku.org))

President & Chief Instructor, Karate-do Yushin-juku

## Schedule of Events:

7:30 - 8:00 AM	Registration & Check in
8:00 - 8:15 AM	Gasshuku Orientation
8:15 - 8:55 AM	<i>Zazen</i> (Meditation & Breathing)
9:00 - 9:55 AM	Warming up, Stretching, Breathing Exercises
10:00 - 10:55 AM	<i>Kihon</i> (Basics)
11:00 - 12:00 PM	<i>Kata</i> (Forms) 1
12:00 - 1:00 PM	Lunch Break
1:00 - 1:55 PM	<i>Kata</i> (Forms) 2
2:00 - 2:55 PM	<i>Kumite</i> (Sparring) 1
3:00 - 3:55 PM	<i>Kumite</i> (Sparring) 2
4:00 - 4:30 PM	<i>Kata &amp; Kumite Competitions</i>
4:30 - 5:00 PM	<i>Samu</i> (Clean up)

Fee: \$70 per participant (child or adult)

## Notes:

1. 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. For more information, visit [www.jpnants.org](http://www.jpnants.org) or call JACC at (408)418-3535.

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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 bring, this registration form to **JACC** with the **\$70** fee. **Make all checks payable to "Yushin-juku"**. Credit card payment are also accepted at the JACC Reception Desk.