

2009 ACT KYOKUSHIN KARATE WEAPONS CAMP
30th October to 1st of November 2009
Greenhills Centre, 1437 Cotter Road, Cotter ACT 2611

The ACT Kyokushin Karate will be holding a Weapons camp on the above weekend. Whilst this camp is designed to accelerate the Kyokushin Students in weapons and defensive skills, a relaxed atmosphere allows for fun weekend. This is a great opportunity for students of **ALL GRADES** to obtain highly concentrated training and should not be missed.

The camp will commence on Friday afternoon from 4pm and the camp will end after the last class on Sunday.

NOTE: WE DO NOT PROVIDE AN EVENING MEAL ON FRIDAY EVENING AND THERE ARE NO SHOPS WITHIN WALKING DISTANCE OF THE VENUE.

TRAINING PROGRAM:

Saturday:	Sunday:
6.00am to 7.00 am, Knife techniques	6.00am to 7.00 am, Knife defence techniques
8.00am Breakfast	8.00am Breakfast
10.00am to 12noon, Bo/Jo	10.00am to 12noon, Sai
12.30pm Lunch	12.30pm Lunch
2.00pm to 4.00pm, Sai	2.00pm to 4.00pm, Shuriken throwing
6.00pm Dinner	5.00pm Depart.

Cost: \$140.00 per person, includes FREE Wooden Tanto (training knife) to those who need one. Greenhills will supply blankets, mattresses and pillows.

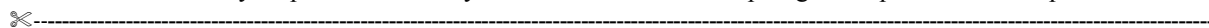
Required: Each person must provide and use a pillowcase, sheets or sleeping bag, towel, toiletries, sunscreen, hat, gi , change of clothes, Bo and Sai & one set of OLD clothes.

Weapons information:

Shuriken (throwing stars):
 Supplied FREE by the Camp Organiser. MUST be returned before departure.

Wooden tanto (training knife):
 Supplied FREE by the Camp Organiser, to those who need one. Yours to keep.

Sai and Bo/Jo:
 Every student will need their own, please ensure you have them organised before the camp. May be purchased from your Instructor or the Camp Organiser prior to the camp.



Return this section only and keep the above section for your own information

2009 WEAPONS TRAINING CAMP APPLICATION FORM (PLEASE PRINT CLEARLY)

Family name: Given name:

Address:

..... Post Code:

Phone (H): Phone (W):

Email:

Age: Current Grade (the grade you are now, Kyu or dan): Male / Female

Dojo: Need a tanto? Yes No (Please circle)

Total Paid:

ALL CHEQUES PAYABLE TO THE CANBERRA MARTIAL ARTS ACADEMY.

Note: No refunds will be given once a booking has been made.

MEDICAL DECLARATION. By signing this application the applicant hereby assumes full and total responsibility for his/her safety and personal possessions and the applicant releases the camp organisers, agents, sponsors and other members from any liability, for any injury or personal loss of any kind whatsoever. Please advise the organisers if there is any medical reason why you should not participate in the camp.

Signature:

(Must be signed by Parent/Guarian if under 18 years old)