



Karate-do Yushin-juku

presents

2017 LABOR DAY KARATE CAMP

Monday, September 4, 2017

at the Japanese Art & Cultural Center

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

You are invited to participate in our next *gasshuku*, **One-Day Karate Training Camp**, offering a full-day of Shotokan karate training taught by Sensei Akihiro Omi, 7th Dan. This training opportunity is open to anyone regardless of karate style, school affiliations, age or proficiency (karate belt rank).

The 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 \$20 (children) or \$23 (adults) per session.

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

Schedule of Events:

8:00 - 8:50 AM	Zazen (Meditation; OPTIONAL)
9:00 - 9:30 AM	Registration / Check-in / Orientation
9:30 - 10:00 AM	Warming up & Stretching
10:00 - 10:55 AM	<i>Kihon</i> (Basics) 1
11:00 - 11:55 AM	<i>Kihon</i> (Basics) 2
11:55 - 12:30PM	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) for all sessions
\$20 (children/full-time students) or \$23 (adults) for any single session

Notes:

1. No refund or discount will be given to late arrival, early departure or no-shows.
2. Participants may bring their own lunch or go out to eat on their own during the lunch break. A limited amount of complimentary 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 or call JACC at (408)418-3535.

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REGISTRATION FORM

Participant's Name	Birth Month/Year /
Karate Style	
Karate School	
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 with \$60 fee to JACC. **Make all checks payable to "Yushin-juku."** Credit card payments are accepted at the JACC Reception Desk only.