



Karate-do Yushin-juku

presents

2017 SUMMER KARATE TRAINING CAMP

August 9 (Wed), 10 (Thu), 11 (Fri)

at the Japanese Art & Cultural Center

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

All karate students and friends are invited to participate in the **Summer Karate Training Camp**, offering three (3) full days of karate training. This training opportunity is open to anyone regardless of karate style, school affiliations, age or prior experience. Complete beginners are also welcomed.

Registration is open until the day(s) of the camp without any late fee. Please come and join this great opportunity to enhance your karate-do training and spirit.

Daily Training Schedule:

9:00 - 9:50 AM	Meditation, Warming up & Stretching
10:00 - 10:50 AM	<i>Kihon</i> (Basics) 1
11:00 - 11:50 AM	<i>Kihon</i> (Basics) 2
11:50 AM - 12:30 PM	Lunch Break
12:30 - 1:20 PM	<i>Kata</i> #1
1:30 - 2:20 PM	<i>Kata</i> #2
2:30 - 3:20 PM	<i>Kumite</i> #1
3:30 - 4:20 PM	<i>Kumite</i> #2
4:20 - 5:00 PM	Cleaning up & Meditation

Camp Fee: \$60 for one day / \$110 for two days / \$150 for three days

Notes:

1. Different sets of kata will be taught each day. Also the levels of training will go up each day.
2. Participants may bring their own lunch or go out to eat on their own during the lunch break. Complimentary food, snacks, bottled water/juices will be available at the dojo. Volunteer helpers, food, snack and soft drink donations are welcomed and appreciated.
3. Camp participants may also attend the regular evening classes after 5pm free-of-charge.
4. No refund or discount will be given to late arrival, early departure or no-shows.
5. For more information, visit www.jpnants.org or email: aki@yushin-juku.org



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REGISTRATION FORM

Participant's Name		Age
Karate Style (if any)		
Karate School (if any)		
Current Rank (if any) Kyu / Dan (Belt Color:)		
Name of Parent or Guardian (if participant is under 18)		
Street Address		
City, State, Zip		
Phone ()	Email	
Camp Fee:	Day(s) Participating:	TOTAL PAYMENT: \$ _____
<input type="checkbox"/> 1 Day (\$60)	<input type="checkbox"/> Aug 9 (Wed)	<input type="checkbox"/> Credit Card; <input type="checkbox"/> Cash; <input type="checkbox"/> Check
<input type="checkbox"/> 2 Days (\$110)	<input type="checkbox"/> Aug 10 (Thu)	(Make the check payable to " Yushin-juku. ")
<input type="checkbox"/> 3 Days (\$150)	<input type="checkbox"/> Aug 11 (Fri)	

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