



# *Karate-do Yushin-juku*

*presents*

## *2018 PRESIDENTS' DAY KARATE TRAINING CAMP*

*Monday, February 19 (9am to 4pm)*

**at the Japanese Art & Cultural Center**

4334 Moorpark Ave., San Jose, CA 95129 • (408)418-3535 • [www.jpnants.org](http://www.jpnants.org)

All karate students and friends are invited to participate in our **Presidents' Day Karate Training Camp**, offering a full day of karate training. This training opportunity is open to anyone regardless of karate style, school affiliations, age (5 & up) or prior experience. Complete beginners are also welcomed.

Registration is open until the day 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 - 9:30 AM	Registration & Orientation
9:30 - 10:00 AM	Warming up & Stretching
10:00 - 10:50 AM	<i>Kihon</i> (Basics) Training Session
11:00 - 11:50 PM	<i>Kihon Kumite</i> (Basic Sparring; 1-step & 4-step)
11:50 - 1:00 PM	Lunch Break
1:00 - 1:50 PM	<i>Basic Kata</i> (Forms) Training Session
2:00 - 2:50 PM	<i>Advanced Kata</i> (Forms) Training Session
3:00 - 4:00 PM	<i>Jiyu Kumite</i> (Free Sparring)

### Camp Fees:

Full day: \$80

Partial: \$20 (any single session) / \$50 (half day; AM or PM)

### Notes:

1. Participants may bring their own lunch or parents may take them out to eat 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.
2. Camp participants may also attend our regularly scheduled evening karate classes FREE:
  - 5:15-to-6:00 pm Beginner Children's Karate
  - 6:00-to-7:00 pm Intermediate Children's Karate
  - NO CLASS 7:00-to-8:00pm
3. No refund or discount will be given to late arrival or early departure.
4. For more information, visit [www.jpnants.org](http://www.jpnants.org) or email: [aki@yushin-juku.org](mailto:aki@yushin-juku.org)

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## REGISTRATION FORM

Participant's Name		Age
Karate School		<input type="checkbox"/> Yushin-juku <input type="checkbox"/> Other _____
Karate Style		<input type="checkbox"/> Shotokan <input type="checkbox"/> Other _____
Current Rank (if any)		Belt Color: _____ ( Rank: _____ <i>Kyu / Dan</i> )
Name of Parent or Guardian (if participant is under 18)		
Street Address		
City, State, Zip		
Phone ( _____ )	Email	
Fee: <input type="checkbox"/> 1 Day (\$80) <input type="checkbox"/> Half Day AM (\$50) <input type="checkbox"/> Half Day PM (\$50) <input type="checkbox"/> Single Session \$20 x _____ session(s) TOTAL PAYMENT: \$ _____ ( <input type="checkbox"/> Credit Card; <input type="checkbox"/> Cash; <input type="checkbox"/> Check " <i>Yushin-juku</i> " )		

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.