



Karate-do Yushin-juku

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2019 PRESIDENTS' DAY KARATE TRAINING CAMP

Monday, February 18 (9am to 4pm)

Japanese Art & Cultural Center

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

All traditional karate students are invited to participate in our **Presidents' Day Karate Training Camp**, offering a full-day of traditional karate training. This training opportunity is open to anyone regardless of age or skill (belt) level. Complete beginners are welcome to participate as well.

Cost is \$60 for all day; \$20 for any one session; or \$40 half-day (AM or PM). At-Door registration is available with no additional charge.

Please take advantage of this great opportunity to enhance karate skills, spirit and mental focus.

Training Schedule:

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 - 12:30 PM	Lunch Break
12:30 - 1:10 PM	<i>Kata</i> (Forms) 1
1:15 - 1:55 PM	<i>Kata</i> (Forms) 2
2:00 - 2:40 PM	<i>Kumite</i> (Sparring) 1
2:45 - 3:30 PM	<i>Kumite</i> (Sparring) 2
3:30 - 4:00 PM	<i>Samu</i> (Clean up)

Fee: \$60 per participant (child/student or adult) for all sessions (full-day)
\$40 Half-day (AM or PM sessions)
\$20 Any single session (child/student or adult)

Notes:

1. At-Door (same day) registration is available.
2. No refund or discount will be given to late arrival, early departure or no-shows.
3. 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.
4. For more information, visit www.jpnavarts.org or call JACC at (408)418-3535.

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REGISTRATION FORM

Participant's Name	Birth Month/Year
	/
Karate Style	
Karate School	
Karate 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 bring this form to the JACC receptionist to register on or before the event date. **If paying by check, make the check payable to "JACC".**

OFFICE USE ONLY: Full-day (\$60) Half-day (\$40) AM / PM 1 Session (\$20) Credit Card Cash Check