



Karate-do Yushin-juku

presents

2016 LABOR DAY KARATE CAMP

Monday, September 5, 2016

at the Japanese Art & Cultural Center

4334 Moorpark Ave., San Jose, CA 95129 • (408)418-3535 • www.jpnavarts.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 \$19 (children) or \$22 (adults) per session.

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

Schedule of Events:

8:00 - 8:15 AM	Registration / Check-in / Orientation
8:15 - 8:55 AM	Zazen (Meditation)
9:00 - 9:25 AM	Warming up & Stretching
9:30 - 10:25 AM	<i>Kihon</i> (Basics) 1
10:30 - 11:30 AM	<i>Kihon</i> (Basics) 2
11:30 - 12:30 AM	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
\$19 (children/full-time students) or \$22 (adults) for an individual session

Notes:

1. No refund or discount will be given to late arrival, departure or cancellations.
2. Participants may bring their own lunch or go out to eat on their own during the lunch break. A limited amount of complementary snacks will be available at the dojo. Food, snack and soft drink donations are welcomed and appreciated.
3. 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	
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 payment are accepted at the JACC Reception Desk.