

Gasshuku 2009

Summer Training Camp

Fun, fun, fun in the sun, sun, sun!



A weekend away training and having fun with, quite frankly, the two best karate clubs in the world!

Be part of the 3rd annual summer training camp, held jointly between Seitou Ryu Karate and Kaizen Ryu Karate.



Two clubs; different methods, common vision

Learn from other karateka and top instructors in a relaxed, friendly environment and have MASSIVE FUN!! Year on year the gasshuku just gets better and better. This time we've got a new location with SEASIDE views and the added bonus of a SWIMMING POOL.....because, let's face it, the sea water in this country can be on the nippy side!

This year, we are using club funds in conjunction with *The Seitou Ryu Foundation for Achievement in Sport* to help reduce the costs so that more people can benefit from the event!

So if you're planning on getting away this summer then the Gasshuku is a great way to get you going! Most definitely the best thing you'll do for your karate this summer!

The Weekend

After arrival and settling in at the NEW camp venue, the camp kick starts with the first of the weekend's **Karate Master Classes**. In these the Senseis will be concentrating on developing the abilities that will **IMPROVE YOUR KARATE**.

There are two Master Classes on the Saturday, plus another on Sunday morning for black belts. Obviously meals and accommodation will be arranged on your behalf and is included in the prices so all you have to worry about is training and having a good time!

PLUS everyone who comes to the weekend seminars will receive an official *gasshuku t-shirt* as a memento!

With enough free time scheduled in between meals and training, you'll have plenty of opportunity to meet the other students who have made the effort to come down like you.

Following breakfast on Sunday, it's off to the dojo again (for those pesky black belts) for another session and fun free time for everyone else before returning for lunch and a quick recharge before the **GRADING** in the afternoon.

All students are eligible to be looked at for their next grade and will have the honour of being assessed by the panel made up from the senior instructors from both clubs.

This groundbreaking event will bring together students from different schools with the opportunity for all to be taught and inspired by the best!

All of this and you will be back home in time for tea on Sunday!

The Venue

The camp is being held at Mersea Outdoors Centre, Colchester, Essex. It is a wonderful location set away from the distraction of major towns and surrounded by the vast expanse of the big blue (well, bluish) ocean!

There are around 100 overnight places spread across the accommodation blocks and in shared tents provided by the centre. These tents are on an 8 person sharing basis. If you would like to bring your own tent then you are more than welcome to do so.

Accommodation in the cabins is for the first 26 people who tell us they want it.

All overnight accommodation is on a strictly first come, first served basis.

Meals are provided so you won't have to worry about anything other than your training!

Itinerary

Saturday

8am - 9am	- Arriving at Mersea Outdoors
10am - 1pm	- Karate Master Class 1!
1:30pm	- Lunch
After lunch	- Free time
3:15 - 5:45pm	- Swimming pool is open for those who would like it
5:45pm	- Dinner
7pm - 8:30pm	- Karate Master Class 2!

Sunday

8am	- Breakfast
10am - 12 noon	- Black Belt only session (everyone else free time)
12 noon	- Lunch
1pm - 4pm	- Grading

Entry forms need to be in by Sunday 28th June
Strictly first come, first served for overnight places!

The Details

Saturday 11th and Sunday 12th July

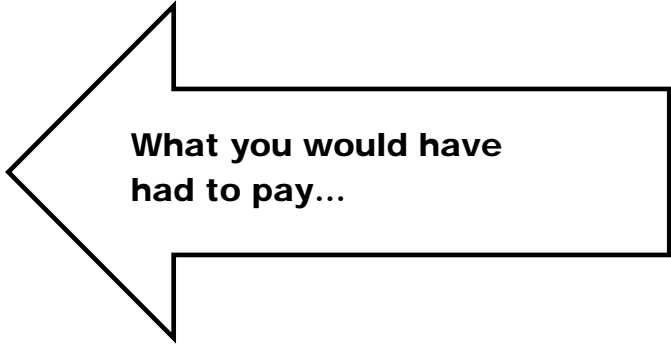
**Mersea Outdoors
Rewsalls Lane
East Mersea
Colchester
Essex, CO5 8SX**

**Meeting at the centre from 8am on the Saturday
Going home from 4pm Sunday**

Fees for the weekend:

We are using club funds and the Seitou Ryu Foundation to make life easier for you by reducing the price of the camp for everyone and managing to bring the fees down by 35%:-

• Overnight accommodation in a shared tent with 4 meals and 1 ½ hours' use of the pool	= £35 per person
• Two Karate seminars	= £30 per person
• Gasshuku T-shirt	= £10 each
• Black belt session	= £15 per person
• Coach	= <u>£10 per person</u>
Total before discount	= £100 per person



What you would have had to pay...

Overnight accommodation & whole weekend package – £65.00 per person

Whole weekend day pass - £55.00 per person

GRADING FEES are in addition to the camp fee and is open to anyone who wishes to attempt their next belt (provided they have completed the minimum time on their current grade).

- ADD £3 to attempt 8th kyu (Yellow): 2 months training
- ADD £15 to attempt 7th kyu (Orange) – 1st kyu (Brown & 2 black tips): 4 – 6 months on current grade

Students who are not attempting their next belt are still welcome to train in the grading session.

Children under the age of 13 years must be accompanied by either a parent or guardian
(Guardians must be over 18 years old)

Spectators are more than welcome, non-training rates of:

Overnight accommodation and meals without training - £35

Weekend day pass with meals - £28

Saturday only day pass with meals - £15

Sunday only day pass with meals - £13

Sunday watching grading only – FREE

Under 5's go free with paying adults

Required equipment – please ensure all belongings are named

Karate uniform (gi) or uniforms (it's a good idea to bring a spare)

Sparring kit: Hand mitts, leg pads, mouth/chest/groin guards

Casual clothes including trainers

Wash kit (toothbrush, toothpaste, soap, etc)

Towel

Bedding - we suggest that a sleeping bag and pillow is the best idea

Any medication – e.g asthma pump

Optional equipment

Sunblock (weather dependant)

Insect repellent

Pocket money for vending machines

CAMPERS MUST BRING THEIR OWN SLEEPING BAGS IN ALL CATEGORIES.

PLEASE BE AWARE THAT IF USING TENTS, YOU MAY HAVE TO PUT THEM UP YOURSELF. Should tents remain up from previous camps, where possible we will utilise these so that you will not have so many to erect.

Groups are asked to vacate their accommodation by 1.00pm on the day of departure. Also we cannot guarantee access to your accommodation until after 4.00pm on your day of arrival to allow for our staff to clean the facilities. Arrangements for storage of luggage can be made with the Duty Site Supervisor.

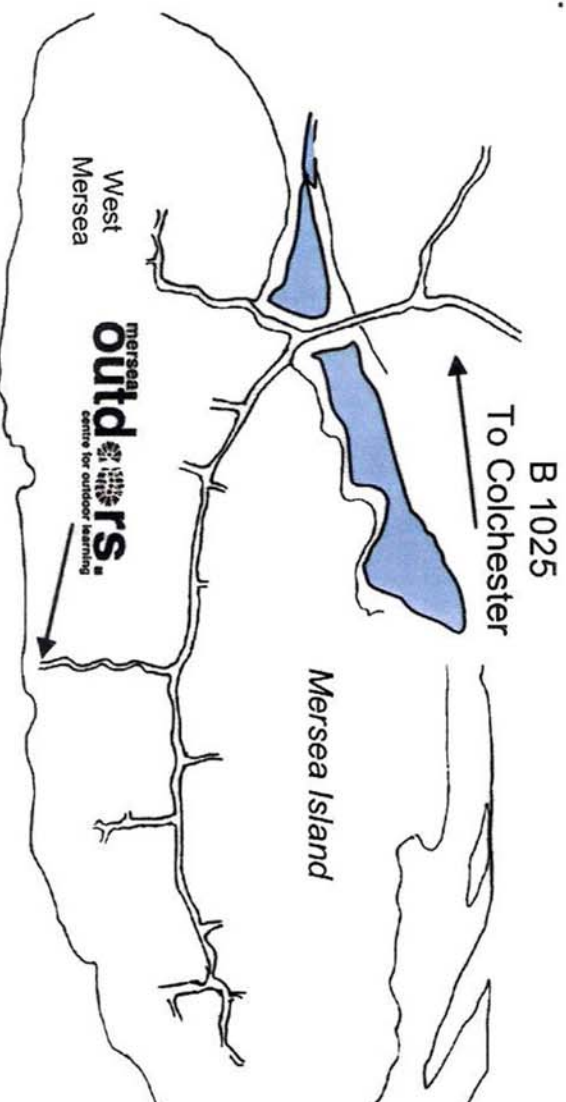
Please be aware that all evening entertainment must be finished by 10.30pm if other school groups are staying on site.

After unloading, all vehicles should be left in the car park as these are not allowed in the camping area.

HIGH TIDES OVER THE STROOD.

On the highest tides the road and footway to the island may be submerged for short periods.

Please check before your journey to Mersea



January 2009

Please book me in for the Gasshuku weekend

Name _____ Age _____

Address _____

_____ Current grade _____
Phone No. 1 _____
2 _____

Please tick as appropriate

Overnight @ £65.00 (student) or £35.00 (spectator)

Day rate weekend @ £55.00 (student) or £28.00 (spectator)

Spectators Saturday Only @ £15.00

Spectators Sunday Only @ £13.00

I would like to attempt my next grade + £3.00 (8th kyu) or + £15.00 (7th – 1st kyu)

I am a student

a non training parent/guardian

I would prefer to stay in the indoor accommodation

use a tent from Mersea Outdoors (8 person sharing)

use my own tent

I don't mind, I'm easy going, put me where you like...

For training students ONLY:

My belt size is *(please circle)*: 240cm / 280cm / 350cm

Please state your T-shirt size *(training students only)*

(5-6yrs/7-8yrs/9-11yrs/12-13yrs/XS/S/M/L/XL/XXL/XXXL); _____

If under 13yrs

Name of accompanying person: _____

Please circle: **Parent** or **Guardian**

Authorisation

Fee Paid £ _____

Student signature (18yrs+) _____

If under 18yrs

Parent Signature: _____

Please make cheques payable to "**SEITOU RYU KARATE**". All fees are non-refundable.

PLEASE NOTE: This reservation is required before Sunday 28th June 2009. We will be using these to organise room and tent allocations, catering, etc.

Gasshuku Medical Consent Form

Name _____

Age _____

Grade _____ Kyu/Dan

Address _____

Contact Numbers

1 _____

2 _____

3 _____

Dietary Requirements

Medical History

Any Medication (to be administered by student only)

GP's name and address

I consent to allow the Camp organisers to arrange appropriate medical treatment in the event of any medical emergency which may arise from any activities performed during the Camp including the calling of the emergency services, in particular the ambulance service, for the above named person on this Medical Consent form.

Signed _____

Date _____

(Parent or Guardian if under 18yrs)