

Japan Karate Association Shotokan Karate – Do International Summer Seminar 2010 – July 14-July 18

Location: Mitchell College
437 Pequot Avenue
New London, CT 06320

Camp Instructors:

Mr. Masataka Mori, 8th Dan, Chief Instructor
Mr. Shu Takahashi, 7th Dan, USA
Mr. Kenichi Haramoto, 6th Dan
Mr. Isami Shiroma, 6th Dan, USA
Mr. Douglas Luft, 6th Dan, USA
Mr. Robert Jacobs, 6th Dan, USA
Mr. Eiji Toryu, 6th Dan, USA

Guest Instructors:



Mr. Toshihiro Mori, 7th Dan
All Japan Karate Championship, #1 Kumite 1980



Mr. Yasunori Ogura, 7th Dan
JKA Headquarter Instructor
All Japan Karate Championship, #1 Kumite 1986



Camp Contents:

- (1) General Karate – Do,
- (2) Judges, Instructors, Examiners – Qualifications Practice and Test,
- (3) Kyu and Dan examinations,
- (4) Basic techniques and advanced sparring techniques,
- (5) Emphasis on basic and advanced Kata and Kata application, and
- (6) Karate Self Defense.

The Summer Camp purpose is to struggle by strenuous effort for the betterment of manners and technique and to cultivate friendship among participants.

INFORMATION

- a) You may check into the College dormitory on Tuesday evening, July 13, after 5pm.
- b) Dormitory rooms are **NOT** provided with pillows, towels, linen or blankets.
- c) Lost key fee is \$100.00 and damage deposit is \$100. Due to the high price of lost keys and damage deposit this year, we will request a **check** deposit of \$200 at sign in that will be refunded upon return of the key.
- d) All participants must register, sign a release form, and make a minimum deposit of 50% of total fees on or before June 5, 2010.
- e) Only participants paying in full for 5 days by June 5, 2010 will receive a \$30 discount on the total participation fee.
- f) **Please make checks payable to "AMERICAN JAPAN KARATE ASSOCIATION #2".**
- g) Personal checks will be accepted before June 5, 2010. Any camp fees paid after June 5 must be paid in cash, money order or cashier's check.
- h) **PERSONAL CHECKS WILL NOT BE ACCEPTED AFTER JUNE 5.**
- i) Limited registration will be available at the summer camp.
- j) Participation of non-JKA members is welcomed.
- k) The camp **CHECK-OUT TIME** is Sunday July 18 at 5:00pm.
- l) Please send checks by First-Class Mail (*no need for registered mail*).
- m) Contact Information:
JKA SHOTOKAN KARATE-DO INTERNATIONAL
Phone: (212) 799-5500; Fax: (914) 381-7644
E-mail: [@yahoo.com](#)
- n) Please take advantage of less crowded training sessions during the first three days of the Seminar. As these sessions are less crowded, they are effective.
- o) Special Dan Exam Training is offered on the first three days.
To train only on the weekend is a missed opportunity.

SHOTOKAN KARATE-DO INTERNATIONAL 2010 SUMMER SEMINAR SCHEDULE

WEDNESDAY JULY 14	THURSDAY JULY 15	FRIDAY JULY 16	SATURDAY JULY 17	SUNDAY JULY 18
<p style="text-align: center;">CLASS <u>6:30 – 8:00 am</u></p> <p>Basics: Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p>Kumite: Basic 3-step sparring</p>	<p style="text-align: center;">CLASS <u>6:30 – 8:00 am</u></p> <p>Basics: Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p>Kumite: Basic 1-step sparring</p>	<p style="text-align: center;">CLASS <u>6:30 – 8:00 am</u></p> <p>Basics: Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p>Kumite: Semi-free sparring</p>	<p style="text-align: center;">BREAKFAST <u>7:30 – 8:30 am</u></p>	<p style="text-align: center;">BREAKFAST <u>7:30 – 8:30 am</u></p>
<p style="text-align: center;">BREAKFAST <u>8:15 – 9:15 am</u></p>	<p style="text-align: center;">BREAKFAST <u>8:15 – 9:15 am</u></p>	<p style="text-align: center;">BREAKFAST <u>8:15 – 9:15 am</u></p>	<p style="text-align: center;">CLASS <u>9:00 am – 12:00 pm</u></p> <p>Basics: Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p>Kumite: Semi-free sparring</p> <p>Kata: Black belts: - Gojushiho-dai - Gojushiho-sho Brown belts: - Favorite kata Green belts: - Bassai-dai - Kanku-dai White belts: Heian 3, 4 & 5</p>	<p style="text-align: center;">CLASS <u>9:00 am – 12:00 pm</u></p> <p>All levels Basics Kumite Kata: Black belts: - Meikyo - Wankan Brown belts: - Favorite kata - Tekki sandan Green belts: - Jion - Empi White belts: - Tekki shodan</p>
<p style="text-align: center;">LUNCH <u>12:30 – 1:30 pm</u></p>	<p style="text-align: center;">LUNCH <u>12:30 – 1:30 pm</u></p>	<p style="text-align: center;">LUNCH <u>12:30 – 1:30 pm</u></p>	<p style="text-align: center;">LUNCH <u>12:30 – 1:30 pm</u></p>	<p style="text-align: center;">LUNCH <u>12:00 – 1:30 pm</u></p>
<p style="text-align: center;">QUALIFICATION JUDGE SKILL <u>2:00 – 3:30 pm</u></p>	<p style="text-align: center;">QUALIFICATION PAPER TEST PRACTICE <u>2:00 – 3:30 pm</u></p>	<p style="text-align: center;">QUALIFICATION PAPER TEST (Judge, Instructor, Examiner) SKILL TEST (Instructor) <u>2:00 – 3:30 pm</u></p>	<p style="text-align: center;">LUNCH <u>12:30 – 1:30 pm</u></p>	<p style="text-align: center;">LUNCH <u>12:00 – 1:30 pm</u></p>
<p style="text-align: center;">CLASS <u>4:00 pm – 5:30 pm</u></p> <p>Kata: Black belts: - Bassai-sho - Kanku-sho Brown belts: - Bassai-dai - Kanku-dai Green belts: - Heian 4, 5 - Tekki shodan White belts: - Heian 1, 2 & 3</p> <p style="text-align: center;"><u>5:30 pm – 6:00 pm</u> Special Dan Exam Training*</p>	<p style="text-align: center;">CLASS <u>4:00 pm – 5:30 pm</u></p> <p>Kata: Black belts: - Gankaku - Sochin Brown belts: - Jion - Empi Green belts: - Heian 4, 5 - Tekki shodan White belts: - Heian 2, 3 & 4</p> <p style="text-align: center;"><u>5:30 pm – 6:00 pm</u> Special Dan Exam Training*</p>	<p style="text-align: center;">CLASS <u>4:00 pm – 5:30 pm</u></p> <p>Kata: Black belts: - Nijushiho - Unsu Brown belts: - Jitte - Tekki Nidan Green belts: - Tekki shodan - Tekki nidan White belts: - Heian 3, 4 & 5</p> <p style="text-align: center;"><u>5:30 pm – 6:00 pm</u> Special Dan Exam Training*</p>	<p style="text-align: center;">KYU EXAM <u>2:00 – 2:30 pm</u></p> <p style="text-align: center;">QUALIFICATION SKILL TEST Examiner: <u>2:00-2:30 pm</u> Judge: <u>2:30-4:00 pm</u></p> <p style="text-align: center;">TOURNAMENT <u>2:30 – 4:00 pm</u></p>	<p style="text-align: center;">DAN EXAM <u>1:00 – 3:00 pm</u></p>
<p style="text-align: center;">DINNER 6:15 – 7:30 pm</p>	<p style="text-align: center;">DINNER 6:15 – 7:30 pm</p>	<p style="text-align: center;">DINNER 6:15 – 7:30 pm</p>	<p style="text-align: center;">DINNER 6:15 – 7:30 pm PARTY AT THE BEACH!!! 7:30 – 9:30 pm</p>	<p style="text-align: center;">CHECK-OUT <u>4:00 pm</u></p>

*Special Dan Exam Training is open to all camp participants but will be focused on those preparing for their dan exams.

SHOTOKAN KARATE-DO INTERNATIONAL 2010 SUMMER SEMINAR APPLICATION FOR PARTICIPATION

TO: AMERICAN JAPAN KARATE ASSOCIATION
P.O. Box 368
CLOSTER, NJ 07624

Phone: (212) 799-5500 **Fax:** (914) 381-7644
E-mail: jkanewyork@yahoo.com

FROM: CLUB _____

LAST NAME, FIRST NAME	AGE	RANK	START DATE	DAYS	NIGHTS	DEPOSIT FEE	TOTAL FEE
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							
9)							
10)							
11)							
12)							
13)							
14)							
15)							
16)							
17)							
18)							
19)							
20)							
TOTAL							

Please make checks payable to "AMERICAN JAPAN KARATE ASSOCIATION #2".

Please send checks by FIRST-CLASS mail.

I hereby release, discharge and acquit the American Japan Karate Association, Inc., Mitchell College, and all individuals and groups in any way connected thereto from any and all responsibility regarding any injuries that I may sustain while participating in the 2010 Shotokan Karate-Do International Summer Seminar. I hereby acknowledge that I have read and understand this release.

CLUB: _____ **DATE:** _____

NAME (PRINT): _____

SIGNATURE _____ **WITNESS:** _____
(Legal representative if under 18 years of age)

TREATMENT RELEASE IF UNDER 18 YEARS OF AGE

In the event that I am unable to provide parental/guardian consent, I hereby authorize the physician(s)/staff of the designated hospital to provide hospital care to include routine diagnostic procedures and medical treatment as necessary to my minor son, daughter or ward.

Signature of Parent or Legal Guardian

Date

Name of Parent or Legal Guardian (Print)

Phone Number

Address

INFORMATION

I hereby confirm that I have had vaccinations for measles, mumps, rubella, diphtheria and tetanus.

Signature: _____ **Date:** _____

If under 18 years of age: I hereby confirm that my son, daughter or ward has had vaccinations for measles, mumps, rubella, diphtheria and tetanus.

Signature: _____ **Date:** _____

CASE OF EMERGENCY

Contact:
Name: _____
Address: _____
Phone Number: _____
Relationship: _____

Medical Needs:

DRIVING DIRECTIONS

FROM NEW YORK CITY

Take I-95 North to New London	90 mi +
Take exit 83 toward Downtown/New London/CT-32/Norwich	0.2 mi
Continue straight	0.2 mi
Continue straight onto Huntington St to 1st light	0.7 mi
Turn left at 1 st light onto Governor Winthrop Blvd	0.2 mi
(CONTINUE AT: *** To Mitchell College)	

FROM NYC AIRPORTS to GRAND CENTRAL TERMINAL (GCT)

Flat Taxi rate of \$45 for JFK or LaGuardia to Grand Central Terminal
New York Airport Service Bus - \$12 (JFK) or (\$15 LaGuardia) to GCT
For departure schedule and more info go to [.nyairportservice.com](http://nyairportservice.com)

FROM GRAND CENTRAL to NEW LONDON VIA TRAIN

Take the *Metro-North* to **New Haven** (2 hr), then transfer to *Shoreline East* to **New London** (1 hr), then take a taxi to Mitchell College

FROM BOSTON & WORCESTER

Mass Pike to exit 10 for I-290 toward Worcester/ I-395	1.1 mi
Follow signs for I-395 South / Norwich Ct and merge	61 mi
Take exit 78 (LEFT EXIT) New London/Route 32 to 1 st light	1.2 mi
Continue straight on 32 towards I-95	4.3 mi
Continue straight to Downtown N.L.. on Eugene O'Neill Dr	0.3 mi
(CONTINUE AT: *** To Mitchell College)	

FROM ALBANY & VERMONT & BRADLEY INT. AIRPORT

Take I-91 South to Hartford	
Take exit 30 on the left to merge onto I-84 E/US-6 E toward New London/E Hartford	0.8 mi
Take exit 55 to merge onto CT-2 E toward New London/Norwich	36.2 mi
Take exit 28S to merge onto I-395 South toward CT-2A/New Haven	8.0 mi
Take exit 78 (LEFT EXIT) – New London and Route 32 to 1 st light	1.2 mi
Continue straight on 32 towards I-95	4.3 mi
Continue straight to Downtown New London on Eugene O'Neill Dr	0.3 mi
(CONTINUE AT: *** To Mitchell College)	

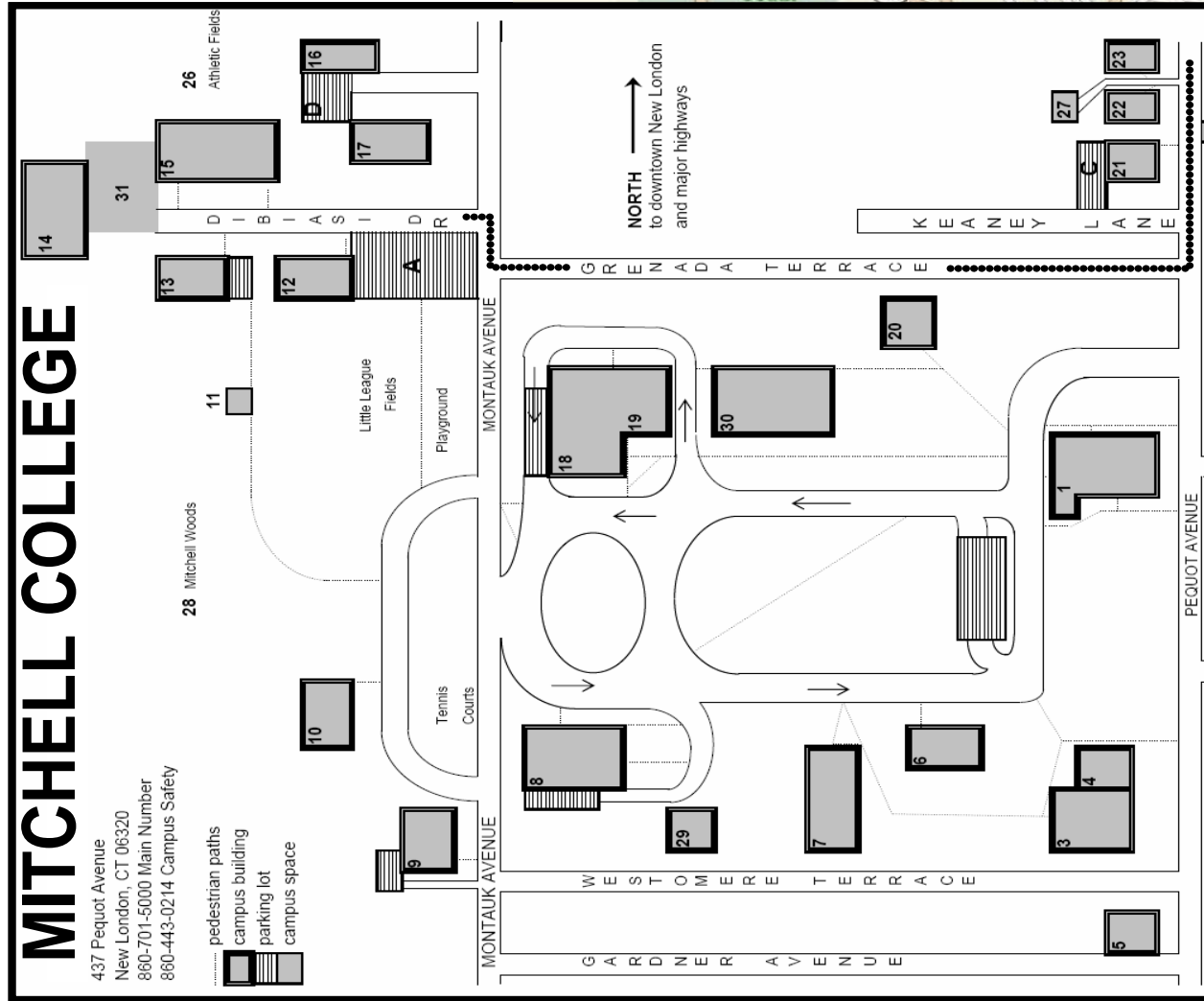
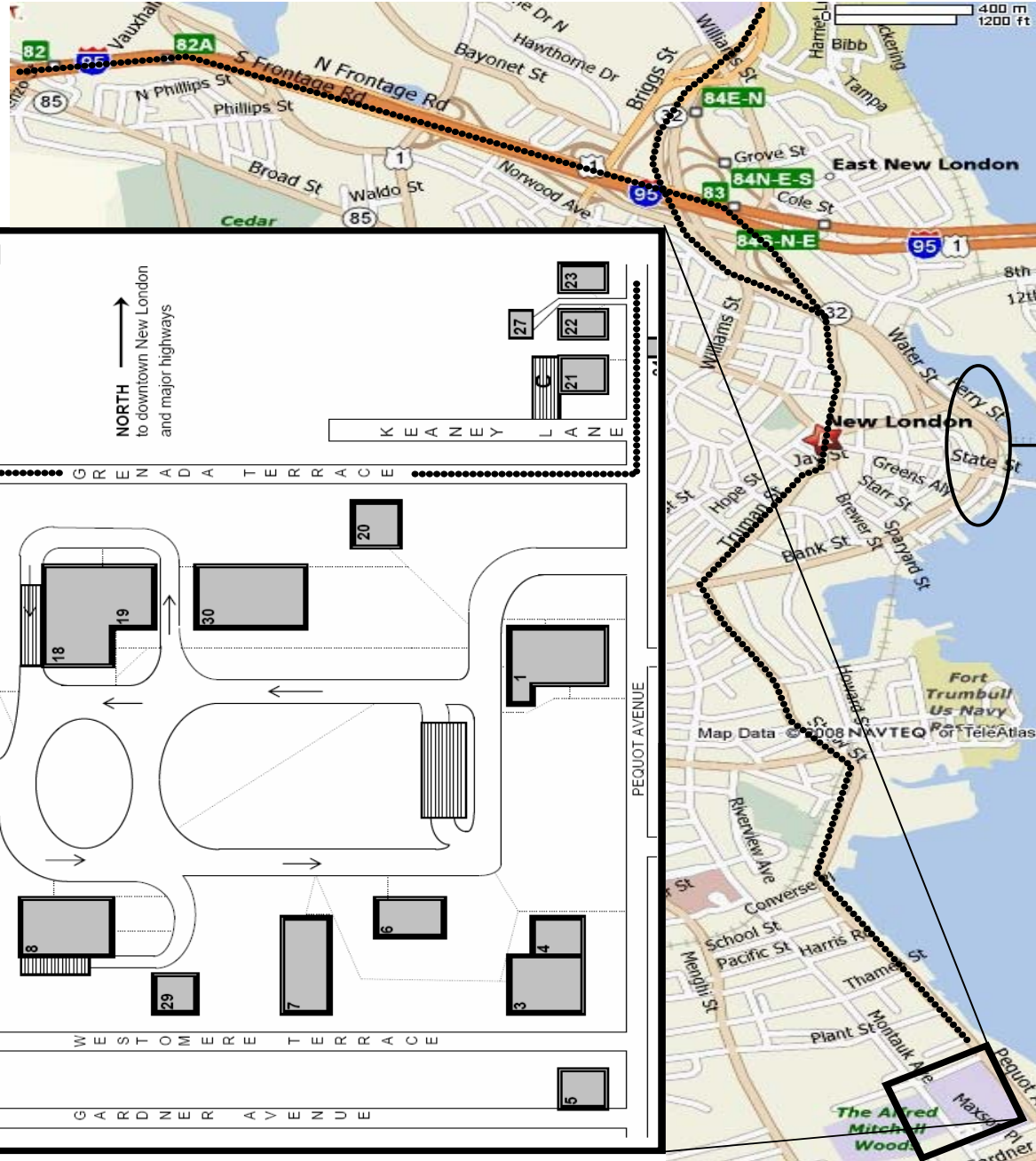
***** TO MITCHELL COLLEGE (New London, CT)**

Follow to the end at Tilley St.	0.3 mi
Turn left on Tilley St and immediately turn right on Bank St.	0.1 mi
Turn left at Shaw St at 1st light and follow to rotary	0.6 mi
Take 3 rd right off the rotary and go under train bridge	0.2 mi
At 2 nd rotary take 1 st right onto Pequot Ave	1.2 mi
Turn right at Grenada Terrace	0.2 mi
Go straight across Montauk onto Dibiasi Drive	50 ft

Please contact Andrew Bakoledis for more info: 860-367-0024

FROM VERMONT, ALBANY, HARTFORD, BRADLEY, MASS.

FROM
NYC



MITCHELL COLLEGE

437 Pequot Avenue
 New London, CT 06320
 860-701-5000 Main Number
 860-443-0214 Campus Safety

- pedestrian paths
- campus building
- parking lot
- campus space

Train
Station