



Central Coast Kyokushin Karate Camp 2nd to 4th September 2011

Osu Shihan's, Sensei's, and Fellow Karate-ka,

This letter is to cordially invite you and your students to attend the 2011 Power Karate - Central Coast Karate Camp being held by Shihan Jim Phillips and Sensei Graeme Rose.

All ages and grades are welcome and it will be a great opportunity to train and socialize with plenty of new and older faces from around Australia and New Zealand.

Parents of younger children are encouraged to attend in support of the students, with an emphasis on preparation for the grading next term for higher graded students.

This camp will be held on the 2nd, 3rd and 4th Sept 2011.

It is a sleep over event with bunk style accommodation - all meals are inclusive for this event.

Unfortunately, as the camp site has undergone new management, there has been a slight price increase in line with current market conditions, which we have endeavoured to make a minimalist increase to the students compared with last year's prices.

Following on from last year's successful camp, there will be opportunity for group specialist focused training sessions: Kata, fight squad, self-defence, etc. This is also an ideal opportunity to hone some of those skills developed in the Dojo with several higher grade Black belts in attendance to assist in the finer points of Karate.

If you are still not sure of this golden opportunity please feel free to contact your dojo to talk to someone who attended previously.

An application form is attached; a deposit is required by the 12th Aug 2011.

For any information about the camp, please do not hesitate to contact
Shihan Jim, Sensei Graeme

I hope to see you and/or some of your students at what promises to be a memorable weekend.

Regards

Shihan Jim Phillips

Sensei Graeme Rose

Power Karate and Kickboxing,

International Kyokushin Karate Organisation South Pacific

SYDNEY:

PO Box 142, Rosebery NSW 2018

Email: shihan@pk1.com.au

Tel: (02) 9669-1177

Mob: 0419 218 384

CENTRAL COAST:

35 South Tacoma Rd,

South Tacoma, NSW

Email: the_roses@hotmail.com

Tel: (02) 4353 9884

Mob: 0421 323 070



Central Coast Kyokushin Karate Camp

2nd to 4th September 2011

Surname First Name M / F

Address..... Post Code:

Grade (kyu) Age Mobile Phone #

Please Indicate: **Junior: under 13yrs** **Senior: 13yrs +**

Dojo Instructor

Emergency Contact Details: Name : Phone :

Health Declaration (confidential)

Are you prescribed drugs, which may impair reaction time or judgment? YES/NO

If yes, what drugs: _____

Do you currently have physical impairments, injuries or medical condition or have suffered any incapacity requiring medical attention in the past 12 months? YES/NO

If yes, give details: _____

Are you aware of any health problem that you have that, in the interests of your safety, the camp organiser should be advised of? YES/NO

If yes, give details: _____

Do you suffer from Asthma? YES/NO

If yes, give details: _____

Any Person suffering any medical condition that may require treatment or administering of medication must bring written advice for the proper care and administering of such medication.

DECLARATION

I, _____ do hereby make application to participate in the International Karate Organisation Kyokushinkaikan Camp and agree to abide by the rules. I assume and accept full responsibility for participating in this camp. I agree that the organisers will not be held responsible for any damages or injuries that may be sustained while participating in this camp. I also understand that any medical treatment given will be on a first aid basis.

NAME.....: SIGNATURE

(Parent or Guardians Signature if under 18)

Meal Requirements

Please indicate any Allergy considerations and/or meal preference.

Wheat Free Vegetarian Diabetic Other _____

Cost:

Payment can be made to your instructor or the Camp Organiser, Sensei Graeme Rose.

Cheques are to be made out to "Power Karate", with the balance to be paid at the Camp.

Deposit amount: \$120 is required with completed application form by Friday 12th of August.

Balance owed to be paid at or before camp:	Children under 13Yrs	\$40	<input type="checkbox"/>
	Adults and Teenagers	\$60	<input type="checkbox"/>
	2 nd family member	\$20	<input type="checkbox"/>
	Parent / Guardian	\$20	<input type="checkbox"/>

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Central Coast Kyokushin Karate Camp

2nd to 4th September 2011

Camp Information:

When: 6pm Friday 2nd September till 1pm Sunday 4th September

Where: Lutanda Camp Toukley, Evans Rd, Toukley.

Check list of things to bring:

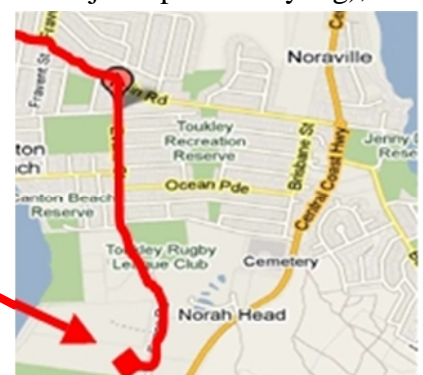
- | | | |
|----------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Gi (karate uniform) x2 and belt | <input type="checkbox"/> T-shirts, | <input type="checkbox"/> shorts, |
| <input type="checkbox"/> Comfortable clothes. | <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Shin pads and gloves |
| <input type="checkbox"/> Comfortable shoes or thongs | <input type="checkbox"/> Sleeping bag (or bedding) | <input type="checkbox"/> Pillow Slip |
| <input type="checkbox"/> Running shoes | <input type="checkbox"/> Pyjamas | <input type="checkbox"/> Sun block |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Swimmers | <input type="checkbox"/> Sun hat or cap | <input type="checkbox"/> Towels x2 shower and beach |
| <input type="checkbox"/> Underwear and socks | | |



- Take Sparks Road Exit off F3 to Toukley (Twin Caltex Service Stations just up from Wyong),
- Follow Sparks Rd for approx. 15 minutes,
- Turn right, onto Evans Rd, at traffic lights.
- Follow Evans Rd all the way to Lutanda Camp Toukley, Approx. 5 minutes.

Call 0421 323 070 if in doubt.

Looking forward to training with you.
 Osu
 Sensei Graeme Rose



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