



# KYOKUSHIN KARATE SUMMER CAMP

## 13-14 July 2019 Dunoon, Scotland

*Kyokushin Budo Karate Shakai International offers the 3rd summer camp for Kyokushin Karatekas open to all Organizations and Dojos. The training sessions will be led by Shihan Prasanna Fernando(5<sup>th</sup> Dan).*

### Saturday,13th July

Meeting:11.00 am at the Dunoon Grammar School,61 Ardenslate Road,Kim,Dunoon,PA23 8LU

1st Training session: 12.00pm to 16.00pm at Dunoon Grammar School Sports Hall

Check in:16.30 Park Hotel, 3 Glenmorag Avenue, Dunoon, PA23 7LG

Dinner: 20.00pm

Training schedule: Kihon,Kata and kumite waza

Day one - Kata training: Peenan sono ichi to Peenan sono go and two

Bunkai(applications)from each Kata.

Gekisai dai,Gekisai sho and Tsukino kata.

### Sunday,14th July

Break first: 7.00-7.45am

2nd Training session 8.00am to 10.00am at Dunoon beach

Training schedule: Kihon,Kata

Day two - Kata training: Seienchin,Tensho and Saifa

3rd Training session 11.30am to 15.00pm at the Dunoon Grammar School,61 Ardenslate Road,Kim,Dunoon,PA23 8LU

Lunch: 12.30 to 13.00 pm (During the training)

Training including Kihon, Go-shinjutsu(self-defence)and 50 men kumite

Certificate presentation.

End: 15.30pm



**Travel:**

You can drive or by bus/train to Dunoon from Glasgow via either a long detour to the north around Loch Long, or through Gourock with a ferry crossing. Western Ferries (Clyde) Ltd, which you can drive or by bus/train to Dunoon from Glasgow via either a long detour to the north around Loch Long, or through Gourock with a ferry crossing. Western Ferries operates the commercial vehicle and passenger ferry service between Gourock and Dunoon.

<http://www.western-ferries.co.uk/fares-info>

**Accommodation:**

Park Hotel, 3 Glenmorag Avenue, Dunoon, PA23 7LG

**Fee:**

Seminar fee: £95

Children under 16: £80

Fee for Non- Karate practitioner £80

This fee includes your accommodation (two persons in a single room) breakfast, lunch, dinner and Summer Camp T-shirt.

The registration is only valid when the valid transfer of the money.

**Things you should bring for the weekend:**

1-2 Karate Gi's with Obi,

Personal protective equipment,

Clothing and shoes for running, wash bag and towel.

**Important:**

Exclusion of liability: The participation in the summer camp voluntarily.

For the time of the arrival/departure the organizer doesn't take liability.

A written exclusion of liability is for all adults and kids are obligatory.

The organizer does not take any kind of liability.

**Contact:**

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