



TRAINING CAMP

Dear Shihans, Senseis, Sempais and Kohais,

The Dojo Ki Arts Martiaux is organizing its usual open air training camp at Sainte-Anne-des-Monts in Gaspésie. This year, for the students we have taken the liberty of inviting two great legends from Kyokushin karaté. We will be honoring two 8th dans ; Shihan Howard Collins and Shihan Brian Fitkin.

Neither of these great masters have ever had the privilege of sharing their knowledge on Canadian soil, therefore we will take advantage of this fantastic event which will allow everyone the opportunity to practice the art of Kyokushin / Shinkyokushin Karate.

September 3rd, 4th and 5th, 2016 will be an historic date for Shinkyokushin in Canada and for North America. Sainte-Anne-des-Monts will be the host of its first international training camp. This camp is open to all members at all levels and for all the mixed Kyokushin organizations.

Beach training for approximately one and a half hours is planned with the large group and also in subgroups so that everyone can benefit from this activity.

As for pricing, we wanted to offer you something very affordable. We were able to negotiate a price for the hotel rooms per quadruple occupancy. All prices, include training, accommodation and meals.

For those wishing to stay in hotels in quadruple occupancy, your package costs \$180 CAD. If you prefer to participate at a lower cost, we offer you the opportunity to sleep in the local high school for the modest sum of \$ 100 CAD.

For family members who wish to join you, accommodations at the hotel and meals will cost \$130 CAD, whereas accommodations at to school and meal will cost \$ 50 CAD.

No bedding will be available for those staying at the school. We suggest that you bring a sleeping bag and transportable mattress / pad. Washrooms and showers will be available for you to use.

All the meals will be eaten at the school cafeteria. For those who are staying at the hôtel, it is only a 7 minute walk to the school.

For registration, we ask you to fill out and submit your registration forms, which you can find at www.kimartialartsdojo.com and to attach your \$50 CAD non- refundable deposit to reserve your place, no later that June 19, 2016.



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If you wish, you can also send us the full amount. In that situation, if you cannot attend the event, we would reimburse you the full amount minus the \$50 CAD non-refundable deposit. Add \$30 CAD if you subscribe over june 19.

We encourage you to bring (casual) business attire for Sunday evening, because we will be having a « Soyonara Party ».

If you would like, we would suggest you bring your bathing suits and towels. You will have the opportunity to use the pool at the school in the evening.

The karatekas and their families are expected to arrive Sept. 2, 2016 at 7pm.

Your participation is key in making this a successful event, we look forward to making it memorable for you!

OSU !

Sensei Kevin Vallée



TRAINING CAMP

SITE MAP



If you want to take a hotel room at your expense to enjoy some tranquility, the contact of the two institutions we deal with are:

Hotel & Cie
90 Sainte-Anne Boul O.
Sainte-Anne-des-Monts, QC
G4V 1R3
(418)763-3321

Motel Beurivage
245 1re Av O.
Sainte-Anne-des-Monts, QC
G4V 1E3
(418)763-2291



TRAINING CAMP

PACKING LIST

- ☉ 2 Dogis and obi
- ☉ Running shoes
- ☉ Fighting gear
 - Hand protectors
 - Shin protectors
 - Helmet
- ☉ Warm clothing
- ☉ Toiletries
- ☉ Bathing suit
- ☉ Towels
- ☉ Sun protection/cream
- ☉ Hat or bandana
- ☉ Sunglasses
- ☉ 2-3 t-shirts
- ☉ 1 sweat shirt
- ☉ Socks
- ☉ Underwear
- ☉ Notepad for note taking (not required)

For those staying at the school

- ☉ Sleeping bag
- ☉ Pillow
- ☉ Mattress
- ☉ Face cloths/towels

For all members of ASC, please bring your **Shinkyokushin Passports** in order to have your camp participation inserted.



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SCHEDULE

Friday, September 2, 2016

7pm - Arrival and Welcome
8pm - Relaxation
11pm - Curfew

Saturday, september 3, 2016

7am - Welcome and Training
8am - Breakfast
10am - Training
11:30am - Break
12:00 - Lunch
1:30pm - Training
3pm - Snack
3:30pm - Training
5pm - Break
6pm - Supper
7pm - Relaxation
11pm - Curfew

Sunday, September 4, 2016

7am - Training
8am - Breakfast
10am - Training
11:30am - Break
12:00 - Lunch
1:30pm - Training
3:00pm - Snack
3:30pm - Training
5pm - Break
6pm - Supper«Sayonara Party»
10pm - Curfew

Monday, September 5, 2016

8am - Breakfast
9:30am - Training
11am - «Check out» and return home



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REGISTRATION FORM

Name : _____ Family name : _____
 Address : _____ DOB. : _____
 _____ Age : _____
 Grade : _____ Telephone : _____
 Dojo : _____ Organization : _____
 Allergies : _____ E-mail : _____
 _____ Medical Insurance : _____
 Health issues : _____
 Emergency contact : _____ # : _____

Karateka

Meal
Camp fee
Hotel
180\$ CAD

Meal
Camp fee
School
100\$ CAD

Guest

Number of guests: _____

Meal
Hotel
130\$ CAD

Meal
School
50\$ CAD

(Add \$30 CAD if you subscribe over june 19.)

Total Amount : _____ \$ CAD

Method of payment

Interac Paypal Cheque Money order Cash

(If paying with Paypal, please add a 4% tax to final amount)

A 50\$ CAD deposit is required by June 19th, 2016). If there is a cancellation, only the deposit will be kept and you will be refunded for the remaining amount you paid. I understand and accept the refund policy. For more information, contact Kevin Sensei Valley by writing to kevinvallee16@hotmail.com or by phone at 418-763-4947.

Signature of participant
(Signature of parent is required if under -18 years)

Being duly authorized to attend and participate in the training camp Ki Dojo Martial Arts of Sainte-Anne-des-Monts,

I, _____, for myself, my spouse, legal representatives, heirs, hereby disclaim all liability Ki Dojo Martial Arts, CSA, (officers and members) of prosecution, of any kind either against damages for death, personal injury or property damage I incur in connection with my participation in training camp organized by the Ki Dojo Martial Arts, whether caused by negligence of the organizers or other members. I also clear the Ki Dojo Martial Arts and AUC from prosecution in connection with first aid treatment or services received during my participation in the training camp organized by Ki Dojo Martial Arts. I understand and assume that there is a risk of injury by practicing karate and that this may occur, regardless of the nature of the event. Furthermore, I take full knowledge of my health and I confirm that I am mentally and physically able to participate in this event. I also authorize the Ki Dojo Martial Arts, AUC and all journalists to take photos or videos during the event for promotional use and I expect to receive no financial compensation in return.

Signature of participant
(Signature of parent is required if under -18 years)