

# Japan Karate Association Shotokan Karate – Do International Summer Seminar 2009 – July 15-July 19

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

## Camp Instructors:

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

## Guest Instructors:



Mr. Yasuoki Takahashi, 8th Dan  
*JKA Miyagi-ken Chaiman*



Mr. Haruo Kawasumi, 7th Dan  
*JKA Ibaragi-ken Chaiman*



Mr. Yasuo Hanzaki, 6<sup>th</sup> Dan  
*JKA Headquarter Instructor*



## **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.



## GENERAL INFORMATION

- a) You may check into the College dormitory on Tuesday evening, July 14, after 5pm.
- b) Dormitory rooms are **NOT** provided with pillows, towels, linen or blankets....BUT...there will be AIR CONDITIONING!!! ☺
- c) Lost key fee is \$100.00. Due to the high price of lost keys this year, we will request a cash deposit of \$100 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 6, 2009.
- e) Only participants paying in full for 5 days by June 6, 2009 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 6, 2009. Any camp fees paid after June 6 must be paid in cash, money order or cashier's check.
- h) **PERSONAL CHECKS WILL NOT BE ACCEPTED AFTER JUNE 6.**
- 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 19 at 5:00pm.
- l) Please send checks by First-Class Mail.
- m) **JKA SHOTOKAN KARATE-DO INTERNATIONAL**  
Phone: (212) 799-5500; Fax: (914) 381-7644  
E-mail: [jkanewyork@yahoo.com](mailto:jkanewyork@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. ***train only on the weekend is a missed opportunity.***

**To**

## SHOTOKAN KARATE-DO INTERNATIONAL 2009 SUMMER SEMINAR SCHEDULE

WEDNESDAY JULY 15	THURSDAY JULY 16	FRIDAY JULY 17	SATURDAY JULY 18	SUNDAY JULY 19
<p style="text-align: center;">CLASS <u>6:30 – 8:00 am</u></p> <p><b>Basics:</b> Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p><b>Kumite:</b> Basic 3-step sparring</p>	<p style="text-align: center;">CLASS <u>6:30 – 8:00 am</u></p> <p><b>Basics:</b> Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p><b>Kumite:</b> Basic 1-step sparring</p>	<p style="text-align: center;">CLASS <u>6:30 – 8:00 am</u></p> <p><b>Basics:</b> Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p><b>Kumite:</b> 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><b>Basics:</b> Four Levels: - Black belts - Brown belts - Green belts - White belts</p> <p><b>Kumite:</b> Semi-free sparring</p> <p><b>Kata:</b> Black belts: - Gojushiho-dai - Gojushiho-sho Brown belts: - Favorite kata Green belts: - Bassai-dai - Kanku-dai White belts: Heian 3, 4 &amp; 5</p>	<p style="text-align: center;">CLASS <u>9:00 am – 12:00 pm</u></p> <p>All levels <b>Basics</b> <b>Kumite</b> <b>Kata:</b> 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><b>Kata:</b> Black belts: - Bassai-sho - Kanku-sho Brown belts: - Bassai-dai - Kanku-dai Green belts: - Heian 4, 5 - Tekki shodan White belts: - Heian 1, 2 &amp; 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><b>Kata:</b> Black belts: - Gankaku - Sochin Brown belts: - Jion - Empi Green belts: - Heian 4, 5 - Tekki shodan White belts: - Heian 2, 3 &amp; 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><b>Kata:</b> Black belts: - Nijushiho - Unsu Brown belts: - Jitte - Tekki Nidan Green belts: - Tekki shodan - Tekki nidan White belts: - Heian 3, 4 &amp; 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 2009 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)							
<b>TOTAL</b>							

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

**Please send checks by FIRST-CLASS mail.**

**RELEASE**

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 2009 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)

**MEDICAL 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**

**MEDICAL 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:** \_\_\_\_\_

**IN 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 <b>83</b> toward <b>Downtown/New London/CT-32/Norwich</b>	0.2 mi
Continue straight	0.2 mi
Continue straight onto <b>Huntington St to 1<sup>st</sup> light</b>	0.7 mi
Turn left at 1 <sup>st</sup> 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 <a href="http://www.nyairportservice.com">www.nyairportservice.com</a>

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

## FROM ALBANY & VERMONT & BRADLEY INT. AIRPORT

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

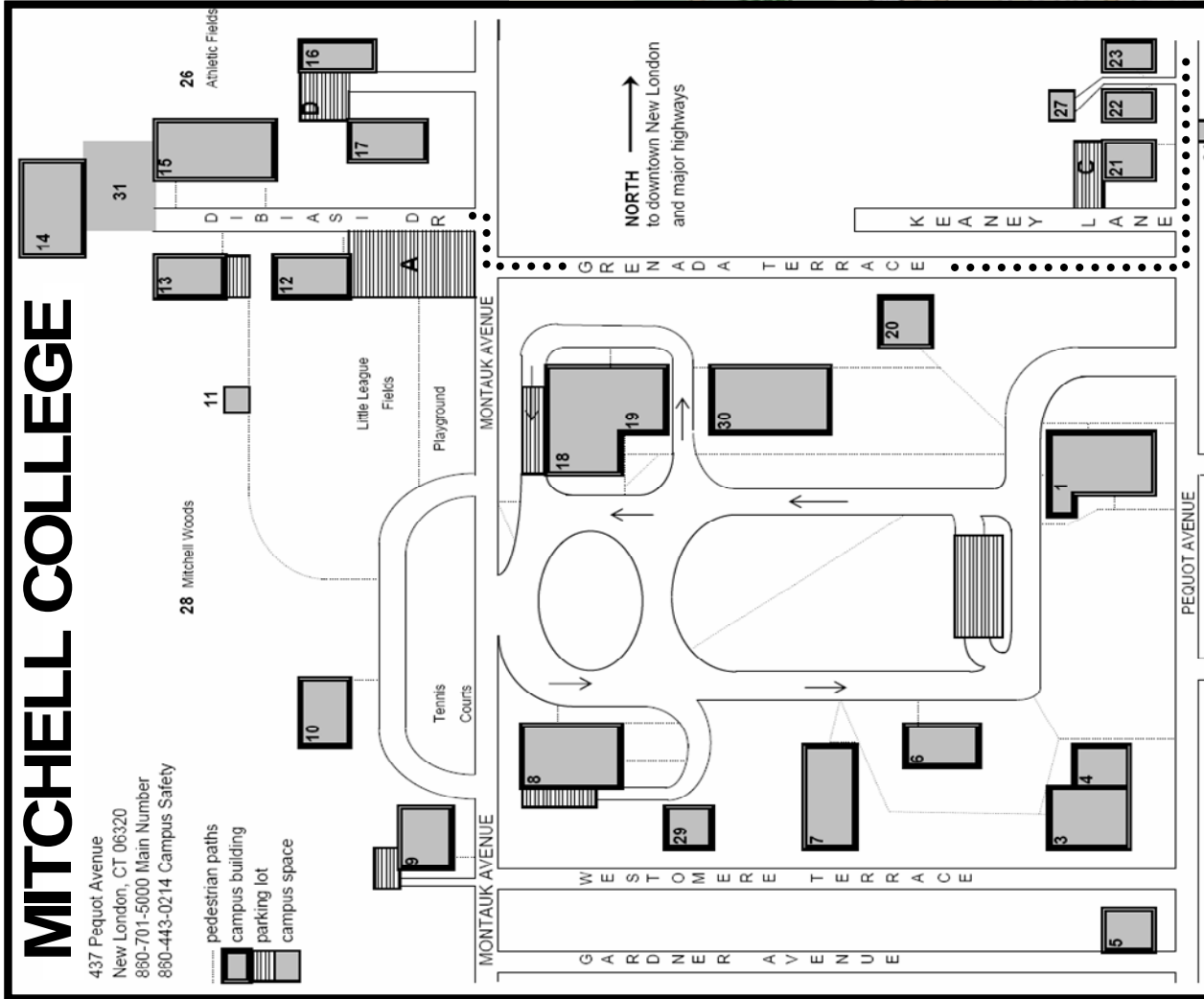
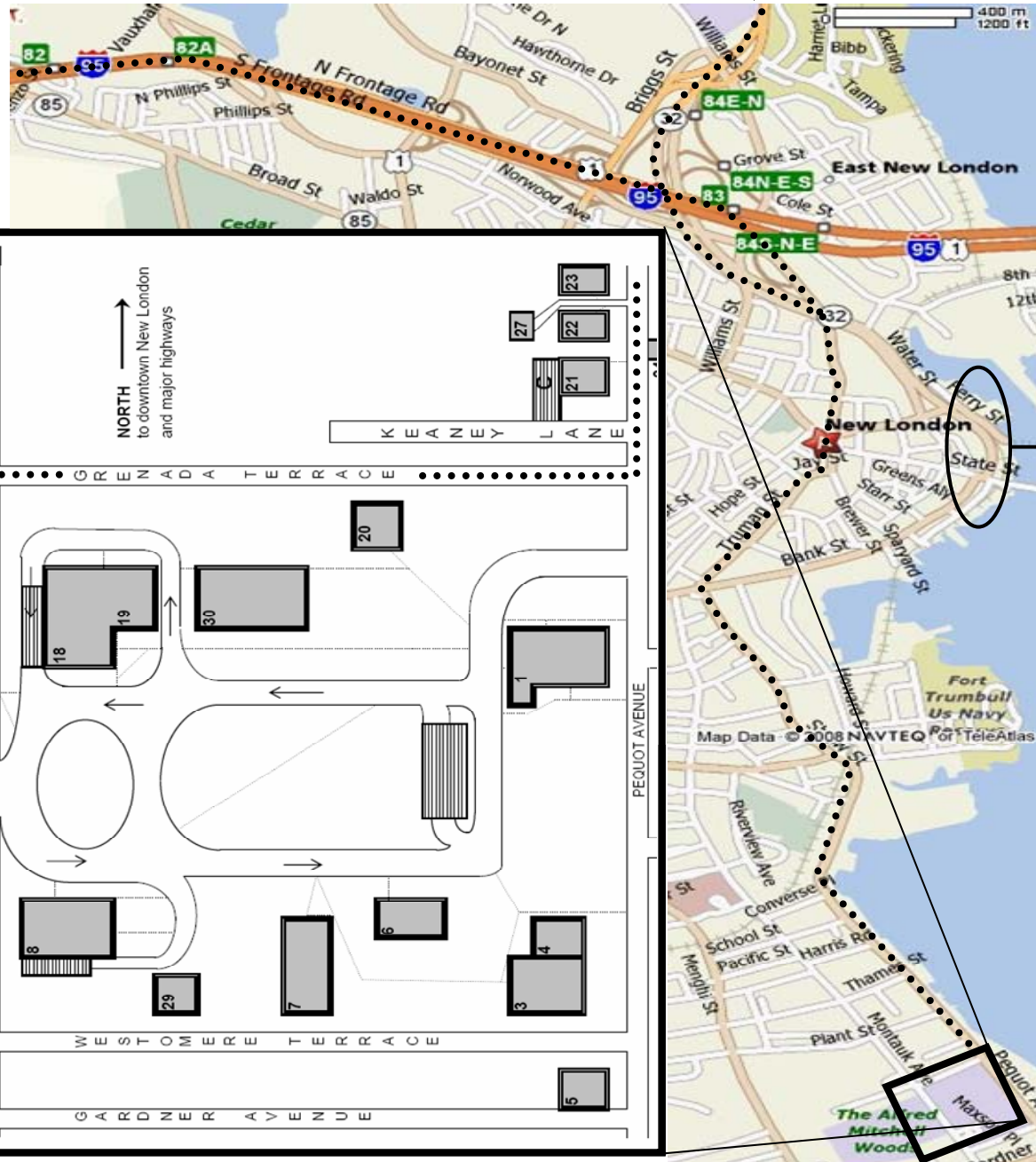
## \*\*\* TO MITCHELL COLLEGE (New London, CT)

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 <b>left</b> at <b>Shaw St at 1<sup>st</sup> light and follow to rotary</b>	0.6 mi
Take 3 <sup>rd</sup> right off the rotary and go under train bridge	0.2 mi
At 2 <sup>nd</sup> rotary take 1 <sup>st</sup> right onto <b>Pequot Ave</b>	1.2 mi
Turn <b>right</b> 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



Train  
Station