

**JAPAN KARATE ASSOCIATION
SHOTOKAN KARATE-DO INTERNATIONAL**



**2011 FALL TRAINING CAMP
AT JKA OF ALBANY/BETHLEHEM
SAT & SUN – SEPTEMBER 17th & 18th
CAMP INSTRUCTOR**

MASTER MASATAKA MORI – 8th Dan

CHIEF INSTRUCTOR: Shotokan Karate-Do International

Assisting Sensei Mori

Sensei Shu Takahashi	7th Dan	JKA of Brooklyn
Sensei Douglas Luft	6th Dan	JKA of Albany
Sensei Isami Shiroma	6th Dan	Shotokan Karate-Do NY
Sensei Robert Jacobs	6th Dan	JKA of UConn
Sensei Eiji Toriu	6th Dan	JKA Boston
Sensei Mattie Thomas	6th Dan	Karate Spirit, Coventry CT

2011
JKA Shotokan Karate-Do International
Fall Training Camp
Delmar, N.Y.
September 17th -18th

This year's Fall Training Camp will be held on the weekend of Saturday September 17th and Sunday September 18th. JKA of Albany/Bethlehem is pleased to host this year's camp at the Bethlehem YMCA. As in the past, Sensei Mori will be instructing the weekend's classes. Below is a tentative training and meal schedule.

Saturday September 17th Registration 1:15 PM – 1:45 PM
 Practice 2:00 PM – 4:00 PM

****DINNER/ 6:30 PM ****

Chinese-Super Buffet-All You Can Eat

581 Columbia Tpke. East Greenbush, NY 12061

Sunday September 18th Coffee / Registration 8:15 AM- 8:45 AM
 Practice 9:00-11:00am

**All practices will be held at the Bethlehem YMCA gymnasium
 900 Delaware Avenue, Delmar NY 12054**

Participation fees will be on a sliding scale as follows:

	<u>Black Belts</u>	<u>Brown Belts</u>	<u>Green Belts</u>	<u>White Belts or Under 18</u>
<i>Entire Camp</i>	<i>\$70</i>	<i>\$60</i>	<i>\$50</i>	<i>\$40</i>
<i>Per class</i>	<i>\$40</i>	<i>\$35</i>	<i>\$30</i>	<i>\$25</i>

Please send or email Sensei Luft, 127 Mt. Hope Dr., Albany, NY 12202, call (518) 445-0830, email at jkaaluft@hotmail.com with a list of people who will be attending by September 10th. A \$5 late charge will be added for anyone registering past that date. If you have any questions or concerns, please feel free to call us.

Accommodations 2011

Comfort Inn

37 Route 9 W
Glenmont, New York 12077
(518) 465-8811
Fax: (518) 465-5732

Rate: \$89.00 Single, Double, Triple or Quad

Continental Breakfast

20 Rooms reserved, please identify "**JKA of Albany**".

Directions:

From NYS Thruway (**87**) Exit 23, take a RIGHT Rt. 9W. Comfort Inn is a ¼ mile down on the RIGHT.

**Please Note: RESERVATIONS MUST BE MADE BY
September 3rd
After September 3rd the rooms that have not been taking
will be released by the Hotel**

Directions to the Bethlehem Area YMCA

Bethlehem Area YMCA

900 Delaware Ave

Delmar, NY 12054

(518) 439-4394

<http://www.cdymca.org/sn/locations/bethlehemarea.aspx>

From Points West (Rochester, Syracuse, Buffalo)

1. Take NYS Thruway (I-90) to Exit 23
2. After you pass through the toll booths, you will want to veer to the right for 9W. Take a right onto 9W (South)
3. Follow directions to the YMCA Below

From Points South (New York City)

1. Take NYS Thruway (I-87) North to Exit 23
2. After you pass through the toll booths, you will want to veer to the right for 9W. Take a right onto 9W (South)
3. Follow directions to the YMCA Below

From Points East (Massachusetts, Connecticut)

1. Take I-90 West into New York State
2. Take Exit 6A toward I-787 Albany. Stay to the left for I-787 South
3. Continue on I-787 South until the end.
4. Turn right onto McCarty Ave
5. Continue onto 9W/Southern Blvd
6. Follow Directions to YMCA below

From Points North

1. Take I-87 South (Adirondack Northway)
2. Take exit 7 for NY-7 E toward Troy/Cohoes
3. Exit right to I-787 South
4. Continue on I-787 South until the end.
5. Turn right onto McCarty Ave
6. Continue onto 9W/Southern Blvd
7. Follow Directions to YMCA below

Bethlehem Area YMCA from 9W

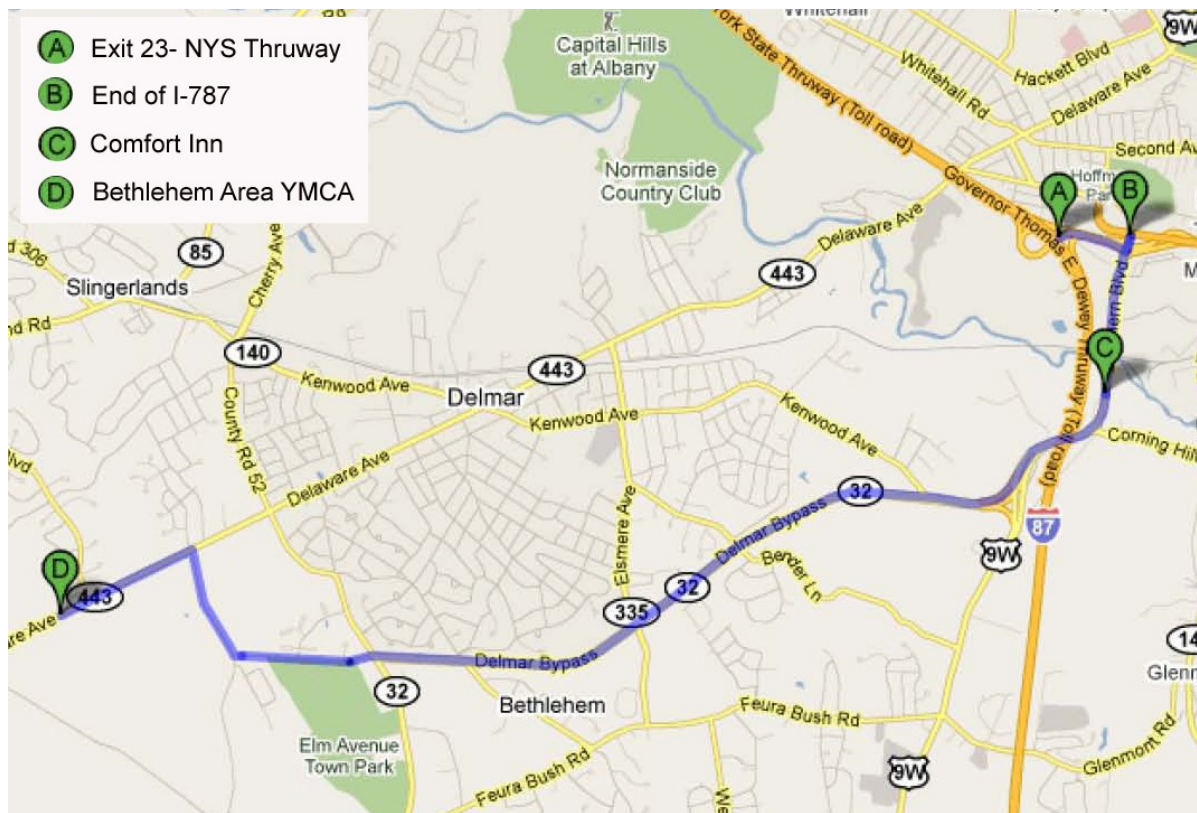
1. Merge onto Route 32 South / Delmar Bypass. Stay straight on 32 until you get to the T on the road (approximately 3.9 miles).
2. Turn right onto Van Dyke Road (you will pass the high school on your right).
3. At the traffic light, turn left onto Delaware Ave. The YMCA will be about $\frac{3}{4}$ of a mile on your left at the top of the hill.

Directions to the Comfort Inn

Comfort Inn Albany/Glenmont,
37 Route 9W,
Glenmont, NY 12077
(518) 465-8811

http://www.comfortinn.com/hotel-glenmont-new_york-NY219

You will actually pass the Comfort Inn on your right if you follow the above directions to the Bethlehem Area YMCA . The Comfort Inn is approximately a 5 minute drive from the Exit 23 off Ramp and the end of I-787



Release of Liability

I understand that my participation in the JKA Fall Training Camp in Delmar, New York, on September 17 & 18, 2010 is at my own risk, and I agree not to hold the Japan Karate Association of Albany/Bethlehem, Inc., or the JKA Shotokan Karate-Do International, or the Bethlehem YMCA or its members or employees responsible or liable for any loss, injury, or accident resulting from my participation.

Read and Understood:

Date: _____

Participant Signature: _____

Parent/Guardian Signature: _____

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