

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.

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>

Things you should bring for the weekend:

1-2 Karate Gis 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.

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

Contact:

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