

# The 8<sup>th</sup> Summer Camp Scotland 2025

*Summer training program on Sunday, 13th of July*

The training sessions will be led by Shihan Prasanna Fernando and Sensei Andras Grof

Meeting 8.00 am at Irvine Beach, Postcode: KA12 8FA

## The first training schedule:

8.30 am Warm-up

8.45 am Kihon, Ido, Renraku

10.00 to 12.00 pm Kata and kumite training

12.30 to 1.15 pm Lunch break

A light meal and a bottle of water will be provided in the hall.

\*Please kindly let us know if you are vegetarian, non-vegetarian etc.

The second training session at the Woodlands centre at 1.30 pm

Address:

Woodlands Centre  
16, Kilwinning Road  
KA12 8RU

## The second training schedule:

1.30 pm Kumite techniques, Pads training and Kumite

3.00 pm 30 men Kumite

Certificate presentation

5.00 pm End

Please Note

The distance from the beach to the training hall is 2.1 miles.

We ask you to arrange your own transport. Please let us know if you have difficulties getting there as we will try to contact someone to arrange this for you.

The gi will not be worn for the 2nd training session just a t-shirt, shorts and belt.

- Participation fee: The event including lunch and training will cost £60.00 for adults and children £35.00 (for those under 16 years old)
- Each attendee will receive a Summer Camp T-shirt

- All participants require full payment, as the non-refundable fee to reserve a place. This fee will not be returned after the 1<sup>st</sup> of July even if your registration is cancelled.

Application closing date: 30th June 2025

\*Things you should bring for the training:

Karate Gi with Obi,  
Personal protective equipment; Shinpad, Gloves, Groin protector, etc.  
Clothing and shoes for running and outdoor training  
Wash bag  
Towel

*Please contact for more information*

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