

The International Federation of Karate Kyokushinkai Australia Inc.

# KARATE

## CAMP

國際空手連盟



2010

May 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>

Heathcote Scout Training Camp  
2 Freeman Rd, Heathcote NSW  
2233

Start 14<sup>th</sup> 6.00pm  
Finish Sunday 16<sup>th</sup> at 4.00pm

Gregory's Map Ref : p518 D11

*"Living the Spirit of OSU!"*

Experience Kyokushin for a whole weekend, training near the National Park in the true Karate Spirit.  
Training includes Sparring, Kata, & Bunkai, and the Camp tournament.  
Open to all grades including white belts upwards.  
Families and friends are welcome to attend to see what you and the IFKKA and Kyokushin are about.

All meals and accommodation included. Helpers and family at lower rates.

**FREE Special 1st Edition Camp T-Shirt for all attendees**  
**1st Round of IFKKA Interclub Tournaments**

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All Meals Provided	Dormitory accommodation	Showers	Kitchen facilities
Camp Fire	Bush Runs	Bush Walks	
Camp Tournament	Weapons	Kata	Self Defense

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## Costs....

\$140 for each person training  
 \$105 for each person not training  
 Includes special edition 2010 Camp T-shirt

We ask all students and families attending to bring their own choice of drinks (no alcohol permitted).

Own sheets, sleeping bags, pillows, and toiletries required by each person attending.

All food will be provided and catered. Dormitory style accommodation for all attendees. Separate family accommodation is not available.

Bring two (2) gi, a bo, running shoes, appropriate clothing for the weather, hats, sunscreen and plenty of energy, and anything else you think you'll need.

Any other questions, ask at your dojo.

## Register NOW to secure your spot for 2010

To guarantee supply of your camp t-shirt, you MUST confirm & pay for your booking by Friday, 7th May 2010



### Heathcote Camp 2010 Attendance Form

Name: .....

Phone: .....

No. of people training : .....

No. of people accompanying: .....

Payment attached: \$ .....

T-Shirt Size	8	10	12	14	S	M	L	XL	XXL
Quantity									

