



Welcome to our first senior day camp 2018

Saturday 10th March 9am to 5pm

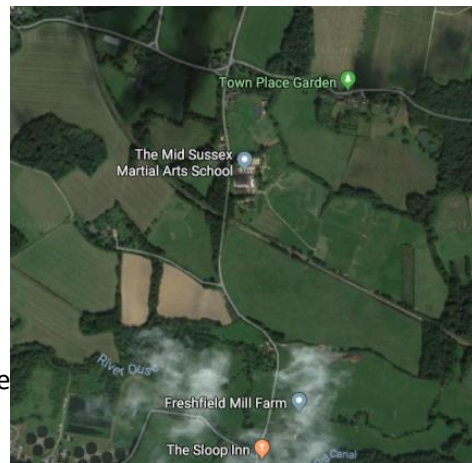
Our senior camp day will be held at:

The Mid Sussex Martial Arts School

Scayne's Hill

Haywards Heath

RH17 7NP



What can I expect?

The countryside location will allow us to train indoors and outdoors (weather permitting). All aspects of the syllabus will be covered in detail throughout the day with some developmental exercises, kumite practices and Seishin (spirit) exercises. Expect the unexpected.



Are there any age / grade restrictions?

The day is open to everyone over the age of 16 years and all brown belts.

The training will be designed to suit different levels of ability and grade.

Students below the age of 18 will be supervised at all times.

INSTRUCTOR / EMERGENCY CONTACT NUMBERS

Renshi Tina Emerson: 07709 231045 Kyoshi Piero Barba: 07919 287097

BRING: Please wear your gi, we may be training outside so bring clothing for all weathers (water proof clothes), and **trainers** (remember your clothing and trainers will get dirty). **Be sure to bring your Mitts, Shin Guards and Body Protectors if you have them. Please make sure these are named so you don't lose them and we can get them back to you.**

Please bring your own food/lunch and drinks.

Please return the form to your instructor by **Thursday 22nd February** to your instructor, or you can **EMAIL your form to tinaemerson9@gmail.com**

If you have any queries please contact **Renshi Tina Emerson on 07709231045**

Full Name	
Age if under 18	
Karate Instructor / Dojo	
Current Grade	
Home Telephone Number	
Mobile Telephone Number	
Emergency Contact Name	
Emergency Contact Number	
Any medical conditions which may affect you on the day.	
Camp cost.	£20

Signature (Parents or Guardian's Signature if under 18)



I understand that photos / video maybe taken at camp which might be used on the club website (www.ryushinkan.co.uk) or for promotional purposes.