



Karate Day Camp Programme

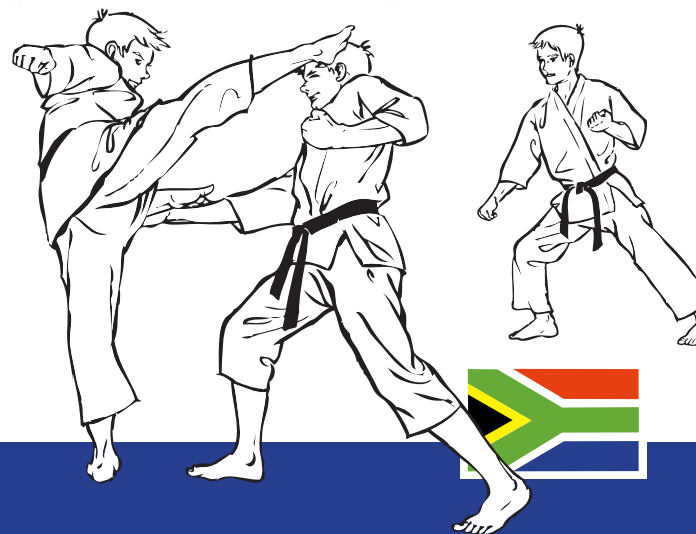
(Schedule subject to change)

- 9:00-9:15** Warm-up and Stretching
- Basics Training
- Compiling of teams and team name deciding
- Drink and fruit break
- Kata class
- Dojo Etiquette discussion
- War cry practice
- Lunch
- Banner
- Kumite class
- Drink and fruit break
- Games / DVD's
- Demo Practice
- 15:45-16:00** End of Day discussion



SOLLY SAID'S

KARATE, KICK-BOXING & GYM



Children's 2010 Training Camp



hanshi@kenfuderyu.com
 Cell: 083 314 9941
 Tel: 011 492 0642/5
 Fax: 011 492 1407

KIDDIES FITNESS CLASS	KIDDIES YOGA
Sensei Shamsa Monday: 3 – 4pm Wednesday: 3 – 4pm	Zahra Monday – Wednesday 11 – 12am
Times could change according to work schedule.	

14th June – 2nd July 2010

General Information

AIM:

- Preparing students for tournaments – kata and kumite
- Training Dojo Etiquette, and Etiquette for life.
- Team Spirit Building and Motivation

Working Together...

Students to be divided into teams which will work together for the duration of the camp. The winning team will be announced on the last day after the informal tournament. Points will be obtained during the play of games, discipline of the children (which is first in line and quite), best banner, best war cry, etc.

- Each team to choose a name by combining the words or part of the words of their favourite kata, number in Japanese from 1-10 and their favourite technique or kick for example.
- Each team to work on banner demonstration.
- **Note:** This Programme is subject to change

Example of Games

- Tug of War
- 3 leg race
- Running with potato in spoon without dropping potato
- Running side ways while throwing a ball at each other
- Sack Race
- Art competition

Useful Information

Clothing:

Karate suits, Said's Karate and Gym T-shirts and 1 set of other comfortable clothes

Food:

Pack a lunch box (Said's Karate and Gym will supply juice and fruit)

Pick up and Drop off:

Programme starts at 9:00 ends at 16:00 arrangements can be made to drop children earlier and be picked up later (please arrange and confirm)



www.kenfuderyu.co.za
saidskarategym.co.za

Application Form

Childrens Training Camp

14th June – 2nd July 2010

Name: _____ Last Name: _____

Membership No: _____ Instructor: _____

Age: _____ Rank: _____ How Long studying: _____

Address: _____

City: _____ Contact No: _____

Emergency No: _____ Doctors Name: _____

Doctors No: _____ Any allergies: _____

Anything caretaker should be aware of: _____

Where: Said's Karate and Gym Honbu (HQ)
3rd Floor, 54 Crown Rd, Fordsburg.

Time: 9 – 4pm

CONFIRM WITH A TICK:

1 Day package: R250.00 1 Week package: R1000.00

2 Week package: R1500.00 3 Week package: R1800.00

I _____ parent / guardian of

Contact number/s _____

Hereby give my full consent to allow my child to participate in the Gasshuku Training Camp held at Said's Karate and Gym, 3rd Floor, 54 Crown Rd, Fordsburg.

I hereby release, discharge and absolve the Said's Karate and Gym cc, its agents and employees from any liabilities or any accidents, injuries or losses sustained while participating in the Gasshuku Training Camp.

Signature of Parent/Guardian

SOLLY SAID'S
KARATE, KICK-BOXING & GYM

