

# BKD

## Bushido Karate Dojo And Fitness Center

### Karate Camps 2010: June 12-13 and/or July 19-23

You and your friends and family are invited to these FUN events! There are activities for everyone, from 5-95 and from white belt to black belt. Even if you have never done karate before; these are a great place to start.

**What to expect:** Guest Instructors, Classes in Kata, Fighting, Advanced Fighting, Weapons training, Water training, Calisthenics, Games, Throwing Knives and stars (in a supervised and safe way) and more...

**Weekend Camp:** Students and families are welcome to stay overnight. You may sleep in the dojo or you may camp out on our property. Please note that **supervision of your children is your responsibility** between classes, during non-scheduled time and overnight. If you, the guardian, are not able to attend, please make arrangements with another parent or speak with Sensei Lisa directly.

**Full Camp:** Children 8 years and over are welcome to attend each day with or without an adult.

**What To Bring:** Extra Gi Pants (for water training) or Sweat pants, Belt, Bo, Tonfas, Sparring Gear, Sneakers, Bathing Suit, Water and Snacks, Sunscreen, hat, bug spray, sunglasses, and a Great Attitude.

**What we need:** Volunteers to help with mealtime preparation, supervision and clean-up; especially breakfast on June 28. Please see Eric or Lisa to sign-up.

#### June 12-13

**Saturday:** 8:30 Registration 9 am– 4:00 pm Classes 5:00 pm Potluck Supper 7:00 pm **Talent Show!**

**Sunday:** **7:00 am Wake-up Tai Chi** 7:30 am Breakfast 9 – 12 Classes 12 - 12:30 pm Closing

**July 19-23** (Not and overnight camp) **Monday – Friday** 1-2:30 radKIDS 3:00 - 6:00 pm Karate Camp

### ***Bushido Karate Dojo: Karate Camp 2009 Registration and Release Form***

I, \_\_\_\_\_, hereby release the town of Casco, Five Elements Mountain School, Defensive Solutions and Bushido Karate Dojo & Fitness Center, their officers, agents and employees from any and all liability, claims, demands, suits or property damage and personal liability, including death which I or my estate may have against them on account of any injuries arising from or growing out of the course of my participation in the Bushido Karate Dojo Karate Camp in the town of Casco. I understand that if that recreational activity involves physical exercise and perhaps some health risk, I will completely release the town of Casco, Defensive Solutions, Five Elements and Bushido Karate Dojo & Fitness Center, their officers, agents and employees from any and all claims which I may have on account of the same.

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Belt Color (Beginner is White) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

June 12-13 \_\_\_\_\_ Fee per Person before 6/5: \$35 includes shirt, each additional family member: \$25

July 19-23 \_\_\_\_\_ Fee per Person before 6/29: \$55 includes shirt, each additional family member: \$35

Both Camps \_\_\_\_\_ Fee per Person before 6/15: \$75 includes shirt, each additional family member: \$50

T-shirt Size: \_\_\_\_\_ (child S, child M, Adult S, M, L, XL, XXL)

**Light Weight Black Gi pants (practice uniform) available for Camp! Just \$15 for no grass stain worries!**

**Circle Size to order: 000 00 0 1 2 3 4 5 6**

**Send registration form and check payable to BKD, to BKD, PO Box 565, Casco ME 04015**

Please fill out one form per person. Multiple camp discounts are only available until June 6<sup>th</sup>. After registration deadlines, Individual Camp Fees are the same, but shirts will be \$12 additional, size and availability not guaranteed.

Parent / Guardian / or Participant signature (if over 18) \_\_\_\_\_

Date \_\_\_\_\_