



Okinawan Goju Ryu Karate Do Gasshuku

East Coast Goju Ryu Karate Clubs are hosting the November Spring camp at Rissington, Napier.

When: 5pm Friday 16 November - 2pm Sunday 18 November 2018

Where: Omatua Girl Guide Camp
1866 Puketitiri Road, Rissington, Napier

Costs:

Accommodation: \$18 per person per night

Food: \$30 for whole weekend

Training: \$30

* See next page for registration form and payment details.

* If you have young children attending camp we appreciate you accompanying them for the weekend.

* Please bring some baking as a contribution - thank you.

What is provided?

- Training
- Grading
- Showers
- Great food
- Good company
- Bunk rooms

What to bring?

- Gi (ironed)
- Sleeping bag/rug/pillow/mattress protector
- Running shoes
- Mouthguard
- Towel/toiletries etc
- Warm clothes
- Drink bottle
- Optional personal snack food/drinks
- Karate training record book

Registration Form

**East Coast Goju Ryu Karate Clubs Regional Spring Camp,
Rissington, Napier**

Friday 16 November - Sunday 18 November 2018

Name:

Age: **Dojo:**

Grade: **Training/Visitor:**

Accommodation	Friday Night	Saturday Night	Total
Adults \$18 (per night)			
Children \$18 (per night)			
Food (Whole Weekend)	\$30		
Training \$30	Yes/No		
Saturday ONLY (Training + Lunch)	\$25		
	Total \$		

Contact name and number in the event of an emergency:

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Signature of parent or guardian if under 18:

We would appreciate registration forms in to us by 1 November to finalise bedding arrangements and meals.

Email/Post Registration Form to:

thealbotting@gmail.com

25 Cameron Road, Makauri, R.D.1, Gisborne 4071
(C/- Gisborne Goju Ryu Karate Club) Ph: 021 252 9252

Payment:

'Bay Karate Club' BNZ Hastings: 02-0644-0155198-00

Use your SURNAME and CLUB as a reference.

** Payment prior to camp would be appreciated where possible - thank you.*

November Spring Camp Rissington Napier: 16-18 November 2018

WEEKEND ITINERARY

Friday 16 November:

- 5pm Arrival
- 6pm Dinner
- 8.30pm Kids to bed
- 9.00pm Kids lights out
- 11.00pm Adults lights out

Saturday 17 November:

- 6.00am Wake up call
- 6.30am Training (approx 1 hour)
- 8.00am Breakfast
- 9.30am Training
- 12 Noon Lunch
- 1.30pm Training
- 3.00pm Afternoon tea break
- 5.00pm Kids kata competition
- 6.30pm Dinner
- 8.30pm Kids to bed
- 9.00pm Kids lights out
- 11.00pm Adults lights out

Sunday 18 November:

- 6.00am Wake up call
- 6.30am Training (approx 1 hour)
- 8.00am Breakfast
- 9.00am Grading
- 12 Noon Lunch and thank you's
- 1.00pm Cleaning up complex (all attendees)
- 2.00pm Departure

Omatua Girl Guide Complex, Rissington, Napier

Route map to OMATUA complex at Rissington

