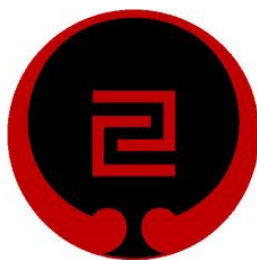


Okinawan Goju Ryu Karate Do Gasshuku



East Coast Goju Ryu Karate Clubs are hosting spring camp at Rissington, Napier.

When: 5pm Friday 15 November - 2pm Sunday 17 November 2019

Where: Omatua Girl Guide Camp

1866 Puketitiri Road, Rissington, Napier

<https://www.girlguidingnz.org.nz/facilities/hawkes-bay-omatua>

Costs:

Accommodation: \$20 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.

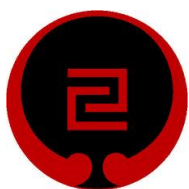
What is provided?

- Training
- Bunk rooms
- Grading (if approved by your Sensei)
- Showers
- Great food
- Good company

NB: Let us know if you have dietary restrictions

What to bring?

- Gi and belt (ironed)
- Sleeping bag / blanket / pillow / mattress cover
- Running shoes
- Mouthguard
- Towel / toiletries
- Warm clothes
- Drink bottle
- Snack foods (optional)
- Training record book
- Downtime activities



Registration Form

East Coast Goju Ryu Karate Clubs Regional Camp Rissington, Napier

Friday 15 November - Sunday 17 November 2019

Name:

Age: (if minor) **Dojo:**

Grade: **Training / Visitor:**.....

Costs	Friday Night	Saturday Night	Total
Accomm \$20 (per night)			
Food (whole weekend)	\$30		
Training \$30	Yes/No		
Saturday ONLY (training + Lunch)	\$30		
	Total \$		

Contact name and number in the event of an emergency:

.....

Signature of parent if minor attending:

** Please send registration to us by 1st November so we can finalise arrangements.*

Email or post registration form to:

thealbotting@gmail.com

c/- 25 Cameron Road, Makauri, R.D.1, Gisborne 4071

(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 - thanks.*

KARATE WEEKEND ITINERARY - Rissington 15-17 November 2019

Friday 17 November:

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

Saturday 16 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
5.00pm Kids kata competition
6.30pm Dinner
8.30pm Kids to bed
9.00pm Kids lights out
11.00pm Adults lights out

Sunday 17 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 ALL - cleaning up complex (list of jobs on your dorm room door)
2.30pm Departure

Omatua Girl Guide Camp, Rissington, Napier

Route map to OMATUA complex at Rissington

