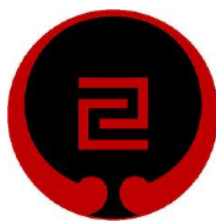


Okinawan Goju Ryu Karate Do Gasshuku



East Coast Goju Ryu Karate Clubs Spring Camp

When: 5pm Friday 6 November - 2pm Sunday 8 November 2020

Where: Omatua, Rissington

1866 Puketitiri Road, Rissington, Napier

<https://www.omatua.co.nz>

Costs:

Accommodation: \$28.75 per person per night (includes GST)

Food: \$30 for whole weekend

Training: \$30

** See next page for registration form*

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

* Please bring some baking as a contribution (slices, cake, biscuits) thx.

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
- hot water bottle
- plastic bags for muddy clothes

Registration Form

East Coast Goju Ryu Karate Clubs Regional Camp
Rissington, Napier

Friday 6 November - Sunday 8 November 2020

Name: Age: (if minor).....

Dojo: Grade:

Email: Cellphone:

Costs	Friday Night	Saturday Night	Total
Accomm. \$28.75 * (per night includes GST)			
Food (whole weekend)	\$30		
Training \$30	Yes/No		
Total \$			

NB: * The rate of \$28.75 applies to camping/caravans/sleeping in vehicles (this is what the facility charge us regardless).

* Costs have risen this year due to the change of camp ownership and the upgrade of the facilities. We worked hard to negotiate this price for the benefit of our members.

Emergency Contact name and number:

.....

Signature of parent if minor attending:

*** Please send registration by 26th October to secure a bed.**

Email registration form to: Your Club Sensei or Secretary

Payment:

Pay directly to your dojo (internet banking preferred, prior to event) and use SURNAME as a reference.

For General Queries Call Thea: 021 252 9252

KARATE WEEKEND ITINERARY - Rissington 6-8 November 2020

Friday 6 November:

5pm Arrival
6pm Dinner / Health & Safety procedure
8.30pm Kids to bed
9.00pm Kids lights out
11.00pm Adults lights out

Saturday 7 November:

6.00am Wake up call
6.30am Training (approx 1 hour)
8.00am Breakfast Health & Safety procedure
9.30am Training
12 Noon Lunch
1.30pm Training
3.00pm Afternoon tea
5.00pm Kyu grade kata/group kata competition
6.30pm Dinner
8.30pm Kids to bed
9.00pm Kids lights out
11.00pm Adults lights out

Sunday 8 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 & in kitchen)
2.30pm Departure

Route map to OMATUA complex at Rissington

