

OPEN  
TO ALL  
GRADES

# 20<sup>th</sup> SUMMER CAMP 2018

FOR SSKA MEMBERS ONLY AND THEIR FAMILIES AND FRIENDS with Sensei Stuart Cole, 7th Dan, Chief Instructor SSKA and Senior Instructor assistance

## Friday 10<sup>th</sup> - Sunday 12<sup>th</sup> August 2018

*A warm welcome is offered to everyone. Come along and enjoy the training and evening socialising with us.*

All training and accommodation at the Trouville Hotel, Bournemouth • [www.trouvillehotel.com](http://www.trouvillehotel.com)

### EVENT INFORMATION

You can attend as many lessons as you wish, the price remains the same.

**Thursday 1.00pm - 2.30pm** Free Instructor's Information Course and Grading. This course is for all instructors, including junior instructors, and anyone 4th Kyu and above who would like to become an instructor and run an SSKA club. The course will give you new ideas about teaching your students, advice on the promotion of your clubs and also concentrating on your own Karate to help you progress. Also Judging and Refereeing Course for the SSKA National Championship Competition.

**Friday**  
 Arrive at the Hotel before 9.30am  
**11.00am - 12.30pm** Lesson 1, General Course in the Granville Suite  
**12.30am - 1.30pm** Break  
**1.30pm - 3.00pm** Lesson 2, Kata & Kata Application Course  
**3.00pm - 4.00pm** Break  
**4.00pm - 5.30pm** Lesson 3, Training in the pool to improve body strength and flexibility. Also training in the Granville Suite.  
**6.15pm** Meet in the Hotel Bar promptly for dinner at 6.30pm  
**9.00pm** Approx. Film Night in the Granville Suite

**Saturday**  
**8.00am - 9.45am** Breakfast  
**11.00am - 12.30pm** Lesson 4, Kumite & Self Defence Street Awareness Course  
**12.30pm - 1.30pm** Break  
**1.30pm - 3.00pm** Lesson 5, Combinations & Kicking Course  
**3.00pm - 4.00pm** Break  
**4.00pm - 5.30pm** Lesson 6, Stances & Upper Body Movement  
**5.30pm** Grading Registration

*(You must complete the 3 days training in order to grade. 2 days for juniors if they have school on Friday or they can request a letter from Sensei Cole to train on Friday).*

**Sunday**  
**8.00am - 9.45am** Breakfast  
**11.00am - 1.00pm** Lesson 7, Pre-grading covering all aspects for your next grading  
**1.00pm** Presentation of Camp Certificates (End of the camp 2018)  
**2.00pm** Gradings. Kyu Gradings first followed by Dan Gradings  
**4.30pm** Approx. Intense training by the Senior Instructors for those who failed part on the first grading today.  
 (Depending on what time Grading Finishes) Grading registration and re-takes (Normal grading fees will apply)

All times are subject to change, you will be notified on the day of arrival.

**20% Off**  
Bar Drinks, Meals & Snacks at the Trouville Hotel for all SSKA Members

### TRAINING PRICES

**3 days training: £85.00 or £30.00 per day**

To book your accommodation at the Trouville Hotel, please contact the Hotel direct on **01202 552262** and please remember to state that you are a member of the SSKA. Hotel rates are for Dinner, Bed and Breakfast, this special rate is only available when quoting the SSKA. Please ensure you have registered with the SSKA and paid your training fees before booking the Hotel.

### ACCOMMODATION PRICES (Dinner, Bed & Breakfast)

AGE	RATE (per person per night)
Adult (15yrs and over)	£59.50
11 to 14 years old	£25.50
7 to 10 years old	£20.50
3 to 6 years old	£15.50

*If you wish to extend your stay at the Trouville Hotel you will still receive the special rate for your accommodation!*

### ONE FORM PER PERSON

PLEASE TICK THIS BOX IF YOU WISH TO GRADE

Please pay all grading fees on the grading registration day:

Friday 3rd August (Grading fee is not included in the training price)

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Tel: \_\_\_\_\_ Club: \_\_\_\_\_

Present Grade\* \_\_\_\_\_ \* (If you intend to grade before this summer camp, please put the grade that you will be when you attend).

Belt Required: **Y / N** Size: 250cm  280cm  300cm

Amount Paid: \_\_\_\_\_ (all fees are non-refundable)

**Please note there will be a £10 surcharge if cheques are returned**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE RETURN THIS FORM TO ONE OF THE GRADING CENTRES OR TO YOUR CLUB INSTRUCTOR TO BE CHECKED AND PROCESSED**

### IMPORTANT INFORMATION!

IF YOU WISH TO GRADE AT THIS CAMP YOU MUST HAVE ATTENDED THE PREVIOUS WINTER CAMP, 4 BLACK AND BROWN BELT COURSES OR TRAINED AT THE MAIN SWINDON DOJO FOR AT LEAST 8 LESSONS. PERMISSION TO GRADE MUST BE OBTAINED IN WRITING FROM YOUR CLUB INSTRUCTOR. DEADLINE FOR APPLICATIONS IN

**FRIDAY 3<sup>RD</sup> AUGUST 2018. BOOKINGS TAKEN AFTER THIS DATE WILL INCUR A £5 SURCHARGE.**