

OPEN  
TO ALL  
GRADES

# 19<sup>th</sup> WINTER CAMP 2017

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

## Friday 3<sup>rd</sup> - Sunday 5<sup>th</sup> February 2017

"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...Instructors Grading Only. No lesson.  
Instructors must inform me if you are grading.  
Arrive at the Hotel before 9.30am

Friday  
10.00am - 11.30am Lesson 1, General Course in the Granville Suite  
11.30am - 12.30pm Break  
12.30pm - 2.00pm Lesson 2, Kata & Kata Application Course  
2.00pm - 3.00pm Break  
3.00pm - 4.30pm Lesson 3, Training in the pool to improve body strength and flexibility or on the beach. Also training in the Granville Suite.  
4.30 - 5.30. Free Beginners Course for Family, Friends and Hotel Staff.  
If you like it and wish to join special rates are available on the camps only.  
(Wear loose Clothing)  
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  
9.30am - 10.30am Free Instructors Course  
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, ?  
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).  
6.15pm Meet in the Hotel Bar promptly for dinner at 6.30pm  
9.00pm Approx. Disco in the Granville Suite

Sunday 8.00am - 9.45am Breakfast  
10.00am - 12.00pm Lesson 7, Pre-grading covering all aspects for your next grading  
12.00pm Presentation of Camp Certificates (End of the camp 2017)  
1.00pm Gradings. Kyu Gradings first followed by Dan Gradings  
4.00pm 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) .....	£49.50
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:

Saturday 4th February (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 winter 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 SUMMER 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 13<sup>TH</sup> JANUARY 2017. BOOKINGS TAKEN AFTER THIS DATE WILL INCUR A £5 SURCHARGE.