

11th Mildura Gasshuku

Friday 27th to Sunday 29th November 2009

Location

Cowra Station

Cowra Station is situated on the Murray River , approximately 20 minutes West of Mildura. The map provided should make it easy to find but if you get confused call me on the mobile for some guidance.

Accommodation and Meals

Cowra is an old pastoral property that now caters for groups seeking time away from the distractions of normal every day life. The accommodation was once the shearers quarters and provides 2 to 4 single beds per room. Those travelling to Cowra by car should bring a sleeping bag and pillow. Any one who is flying in, should pack some sheets and pillow case as the Mildura people will be able to find enough bedding for limited numbers. **Accommodation will be allocated in order of receiving the nomination form and payment of fees.** If the number of nominations exceed the amount of available beds, there is plenty of floor space, and if this is taken as many tents as necessary will be provided. All meals will be provided by the experienced Mildura Dojo caterers.

Training schedule

Friday: 5.00 – 7.00pm

Saturday: 7.00 – 9.00am, 2:00 - 5.00pm

Sunday: 7:00 – 9.00am Training, 10:30am – 1.00pm (Referee practical seminar)

For Information and Registration

Send all nominations and cheques to **Ron Brown 22 Kalimna Drive Mildura, 3500.**

Fax or Phone Ron on 03 – 50236256 or Mobile 0427 236256

Phil Young on 0401 015725

Cheques should be made out to, JKA Mildura.

11th Mildura Gasshuku Registration Form

Friday 27th to Sunday 29th November 2009

NAME DOJO
ADDRESS
.....STATE POSTCODE
TELEPHONE MOBILE
FAX EMAIL
RANK GENDER: MALE [] FEMALE [] AGE

JKA AUSTRALIA REGISTRATION NO

NAMES OF ACCOMPANYING PERSONS NOT TRAINING IN SEMINAR. (IF APPLICABLE)

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	PER PERSON	
SEMINAR, 2 NIGHTS ACCOMODATION AND ALL MEALS.	\$210 . 00	\$
FULL TIME STUDENT.	\$140 . 00	\$
NOT PARTICIPATING IN SEMINAR.	\$130 . 00	\$
FAMILY DEAL (3 OR MORE IN THE ONE FAMILY TRAINING)	\$130.00 EA	\$
SAN DAN AND ABOVE ACCOM AND MEALS ONLY	\$130.00	\$

All nomination forms must be received with payment no later than :-

20th November 2009

Declaration

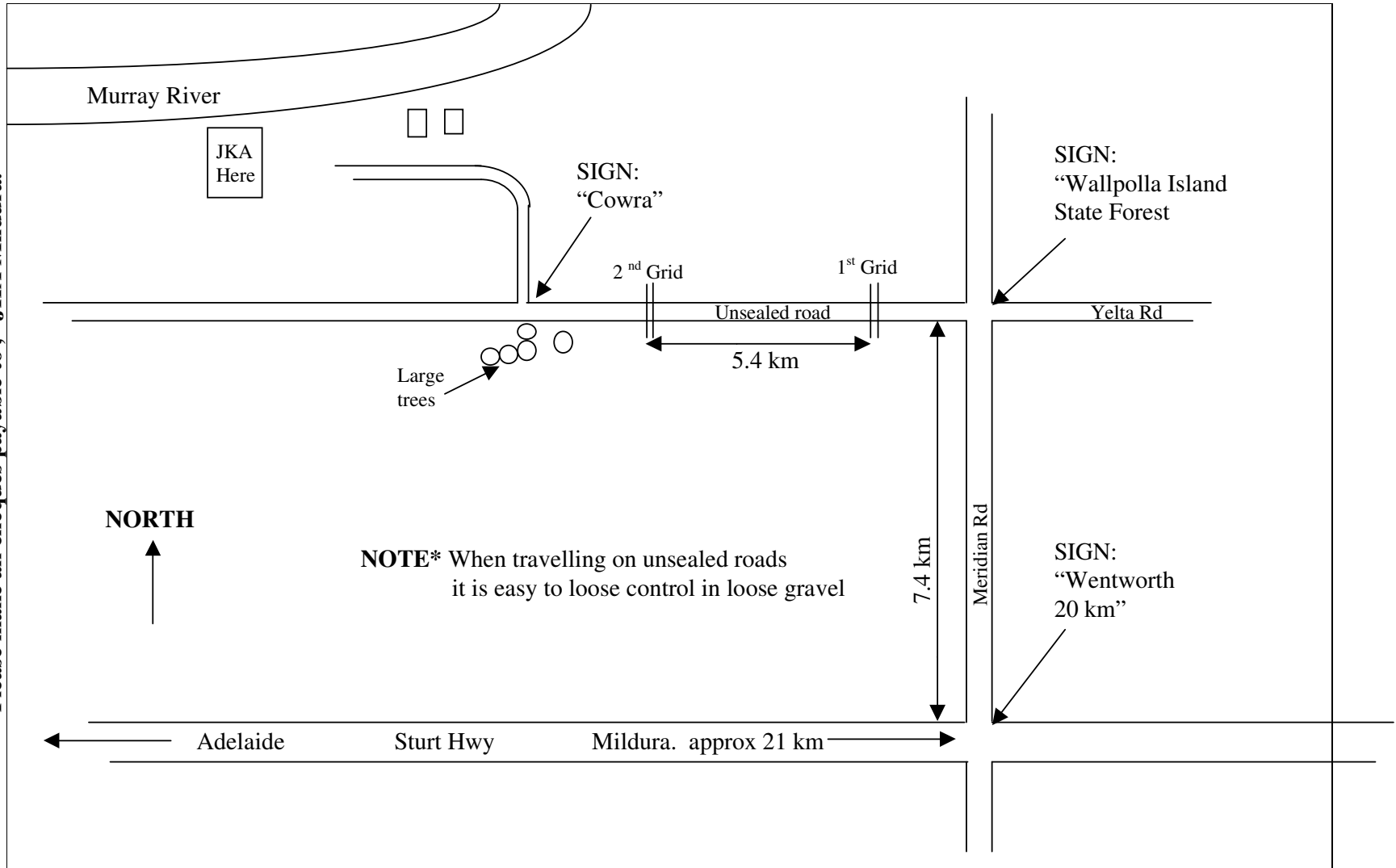
I the under signed, in consideration of and as a condition of acceptance of my entry in the gasshuku (training camp) for myself , my heirs , executors an administrators , hereby waive all and any claims , which I or they may otherwise have , arising out of any loss of life , injury or loss of any description whatsoever ,which I may sustain of suffer in the course of or as a consequence of competing or participating in the said gasshuku (training camp). This waiver release and discharge shall be in favour of all persons , joint of severally involved in staging of promoting the said gasshuku (training camp).

SIGNATURE OF APPLICANT DATE

SIGNATURE OF PARENT / GUARDIAN DATE

SIGNATURE OF DOJO INSTRUCTOR DATE

Please make all cheques payable to, "JKA Mildura."



**2009 MILDURA GASSHUKU
TRAINING TIMETABLE**

Main Theme: Correct Posture

Technical Theme: Elbow Position in Attacks and Blocks and Knee Position in Stances and Kicks

		Nil – 7 Kyu	6-4 Kyu	3 – 1 Kyu	1st dan and Above
	Instructors	I. Cook	K. Parker	R. Smedley	T. Nishimura
Fri 27 Nov 2009	5:00 pm – 7:00 pm	Kihon	Kihon	Kihon	Kihon
Sat 28 Nov	7:00 am – 7:55 am	Kihon	Kihon	Kihon	Kihon
	7:55 am – 8:00 am	Water Break	Water Break	Water Break	Water Break
	8:00 am – 9:00 am	Kihon	Kihon	Kihon	Kihon
	2:00 pm – 2:55 pm	Kumite	Kumite	Kumite	Kumite
	2:55 pm – 3:00 pm	Water Break	Water Break	Water Break	Water Break
	3:00 pm – 3:55 pm	Kata Heian 3	Kata Heian 5	Kata Bassai Dai	Kata Jion
	3:55 pm – 4:00 pm	Water Break	Water Break	Water Break	Water Break
	4:00 pm – 5:00 pm	Kata Heian 3	Kata Heian 5	Kata Bassai Dai	Kata Jion
Sun 29 Nov	7:00 am – 7:55 am	Kata Heian 4	Kata Tekki 1	Kata Kanku Dai	Kata Chinte
	7:55 am – 8:00 am	Water Break	Water Break	Water Break	Water Break
	8:00 am – 9:00 am	Kata Heian 4	Kata Tekki 1	Kanku Dai	Kata Chinte
	10:30 am – 1:00 pm	Referee Practical Seminar			