

**OPEN
TO ALL
GRADES**

20th 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 10th - Sunday 12th 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

EVENT INFORMATION

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

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.

Thursday 1.00pm - 2.30pm

3.00pm approx.

Instructors Grading Only

Friday
11.00am - 12.30pm
12.30am - 1.30pm
1.30pm - 3.00pm
3.00pm - 4.00pm
4.00pm - 5.30pm

Lesson 1, General Course in the Granville Suite

Break

Lesson 2, Kata & Kata Application Course

Break

Lesson 3, Training on the beach if the weather is okay,

or in the Granville Suite.

Meet in the Hotel Bar promptly for dinner at 7.00pm

Film Night in the Granville Suite

6.45pm

9.00pm Approx.

Saturday
8.00am - 9.45am
11.00am - 12.30pm
12.30pm - 1.30pm
1.30pm - 3.00pm
3.00pm - 4.00pm
4.00pm - 5.30pm
5.30pm
9.00pm

Lesson 4, Kumite & Self Defence Street Awareness Course

Break

Lesson 5, Combinations & Kicking Course

Break

Lesson 6, Stances & Upper Body Movement

Grading Registration

Disco

(You must complete the 3 days training in order to grade at the Summer Camp).

6.45pm Meet in the Hotel Bar promptly for dinner at 7.00pm

8.00am - 9.45am

11.00am - 1.00pm

1.00pm

2.00pm

4.30pm Approx.

(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

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 3RD AUGUST 2018, BOOKINGS TAKEN AFTER THIS DATE WILL INCUR A **£5 SURCHARGE**.

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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.