

OPEN  
TO ALL  
GRADES

# 21<sup>st</sup> WINTER CAMP 2019

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

## Friday 1<sup>st</sup> - Sunday 3<sup>rd</sup> February 2019

"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

3.00pm approx.  
Instructors Grading Only

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

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

Arrive at the Hotel before 10.00am  
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.

6.15pm Meet in the Hotel Bar promptly for dinner at 6.30pm

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

Breakfast  
Lesson 4, Kumite & Self Defence Street Awareness Course  
Break  
Lesson 5, Combinations & Kicking Course  
Break  
Lesson 6, Stances & Upper Body Movement  
Grading Registration

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

6.15pm Meet in the Hotel Bar promptly for dinner at 6.30pm

Sunday 8.00am - 9.45am

11.00am - 1.00pm  
1.00pm  
2.00pm

Breakfast  
Lesson 7, Pre-grading covering all aspects for your next grading  
Presentation of Camp Certificates (End of the camp 2019)  
Gradings. Kyu Gradings first followed by Dan Gradings

4.30pm Approx.  
(Depending on what time  
Grading Finishes)

Intense training by the Senior Instructors for those who failed part on the first grading today.  
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.

### IMPORTANT INFORMATION!

IF YOU WISH TO GRADE AT THIS CAMP YOU MUST HAVE ATTENDED THE PREVIOUS 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 25<sup>TH</sup> JANUARY 2019.** BOOKINGS TAKEN AFTER THIS DATE WILL INCUR A £10 SURCHARGE.

### 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 3rd 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.**

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