

Southern Shotokan Karate Association

is hoping to run a **SPRING CAMP** to be held at the Premier Inn, Exmouth from Saturday 25th April to Sunday 26th April 2020.

This course is for black belts and 1st Kyu only (16 years and above). Specialised course concentrating on all technical areas in Shotokan. With Stuart Cole 7th Dan Chief Instructor of the SSKA



SCHEDULE (subject to change)

DAY ONE SATURDAY

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|-------------------|---|
| 8.30am | Arrive at Premier Inn, Exmouth <i>Check in is not until 2pm. You can bring your luggage into the hall or leave it in your car.</i> |
| 9.00am - 11.00am | First Lesson |
| 11.00am - 11.30am | Break |
| 11.30am - 1.30pm | Second Lesson |
| 1.30pm - 2.00pm | Break |
| 2.00pm - 4.00pm | Third Lesson |
| 4.00pm | Registration for Sunday's Dan Gradings Free time to explore Exmouth |
| 7.00pm | Meet in the bar at for dinner at 7.30pm After dinner we can go out in to Exmouth. |

DAY TWO SUNDAY

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|-------------------|---|
| | Breakfast - <i>Wide selection of food available</i> |
| 10.00am - 12.00pm | 4th Lesson |
| 12.00pm - 12.30pm | Break |
| 12.30pm - 2.30pm | 5th lesson |
| 3.00pm | Dan gradings - Good Luck Everyone! If no one is grading then there will be another lesson 3.00pm to 5.00pm End of spring camp and presentation of certificates. |

- The numbers for this course will be for the first 20 students who put a deposit down.
- A new hotel located on the sea front right by a nice sandy beach.
- All lessons held at the hotel (Some lessons on the beach, weather permitting).
- Large car park at the rear of the hotel, Charging £3 for 24 hours.
- All rooms are very well presented with air-conditioning, tea and coffee making facilities. There is a lift to all floors.
- The restaurant has a very good choice of food and a nice bar and lounge area.
- Close to lots of restaurants, bars, shops and amenities. (Lots of family entertainment)
- 5 minutes walk away from the town centre with a large shopping area.

The cost to people attending the course is £250 per person. This includes accommodation, evening meal, breakfast and all the training.

If you wish to take your family or friends there is no extra accommodation charge, as long as you stay in the same room with the person who is on the karate course (Maximum of 4 people per room). Breakfast and evening meal is included in the price ONLY for people on the course. Family and friends NOT on the course will be charged £24.99 each by the hotel, for breakfast and evening meal. Premier Inn currently have the following offer: When one adult orders a full Premier Inn breakfast, up to two children under 16 eat breakfast for free.

Gradings fees are payable at normal SSKA rates.

Payment & Details Slip

A £125 deposit is required from each person by December 31st 2019 and the other £125 by February 28th 2020.

You can do a bank transfer or send a cheque or give me the money when you see me. For details of the bank transfer or where to send a cheque. Just email me sska595@gmail.com or phone or text **07557532676**. **After December 31st 2019, all fees will be non-transferable and non-refundable. If the SSKA has to cancel this course for lack of attendance, your deposit will be refunded in full.**

Name: Amount Paid:

Room type (please tick):

Double or twin room for one person ... Double or twin room for two ... Family room ... Disabled room ...

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