

Spring Camp

Aikido Kokikai Australia is pleased to invite our members to this year's Kokikai Spring Camp. Maruyama Sensei will once again make the trip this year to share his aikido with us. This year's camp will again be held at UNSW.

Please take this great opportunity to learn aikido from the founder of Kokikai Aikido, watch and/or take part in higher rank gradings as well as catch up with other members of the Australia-wide Kokikai community.

BILLETS

If you are travelling from outside Sydney and require a billet please contact Vidhya <vidhyasaharan@gmail.com>by 3rd September.

PLEASE BRING

Kokikai Student Passport Dogi (at least 2 recommended) Hand/Face Towel Mat-side Footwear Water Bottle Bokken & Jo

Camp Schedule*

SAT: - 29 Sep

09.30 Registration & Setup

10.00 Training

11.00 Break

11.15 Training

12.30 Lunch

14.00 Training

15.30 Break

15.45 Grading / Training

16.30 Finish & Pack-up

19.00 Dinner with Sensei

SUN: - 30 Sep

09.30 Training

11.00 Break

11.15 Training

12.30 Lunch

14.00 Training

15.30 Break

15.45 Grading / Training

16.30 Finish & Pack-up

19.00 Dinner with Sensei

MON: - 1 Oct

09.30 Training

11.00 Break

11.15 Training

12.30 Lunch

14.00 Training

15.00 Grading / Training

16.00 Finish & Pack-up

19.00 Farewell Dinner with Sensei

APPLICATION:

known injuries:

name:
address:
phone:
email:
grading: no/yes forkyu/dan
special dietry requirements:

PRICE:

Full Camp

All Adults: \$200 F/T Students: \$160

F/T Students (Outside Sydney): \$120

Single Day \$130

Morning/afternoon tea **ONLY** are provided as part of your camp fees.

Lunch, dinners and social events are not included in the cost.

Grading requires a separate form to be filled out at registration and incurs a separate fee. Please speak with your Dojo leader.

All attendees must have paid their AKA Subscription. If you have not paid you will be required to do as at time of registration.

LOCATION:

UNSW Unigym, 1st floor martial arts room. Corner of High Street and Anzac Parade, Kensington. Visit www.unsw-aikido.org.

ETIQUETTE:

- Be punctual. Turn up at least 15 mins before the sessions dressed & ready.
- Bring a clean gi and use deodorant.
- Bring small towel to remove excess sweat.
- Do not train under the influence of alcohol or drugs.
 Seek professional advice in regards to any medication being taken.
- Keep the dojo clean. No bare feet on wooden floors. Wear footwear at all times when not on the mat.
- Train with common sense.
 Be gentle & cautious as space will be limited and you will train with uke you are not used to.
- Pay close attention to what Maruyama sensei is teaching. Camp is a great opportunity to learn and refine your technique.