



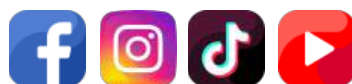
SEITOU RYU KARATE

WINTER GASSHUKU TRAINING CAMP

Belchamps Scout & Activity Centre

Holyoak Lane, Hawkwell, Essex, SS5 4JD

Saturday 29th - Sunday 30th November



@SeitouRyuKarate

The Event

The **Seitou Ryu Karate Winter Gasshuku Training Camp** is 2 days of intense but enjoyable training in Hockley, Essex. An opportunity to meet and train with students from other dojos and clubs and for Seitou Ryu Karate students the additional option of taking their next grading test.

You'll get a variety of training sessions taught by numerous instructors, some whom are specialists in their field, where you'll be improving your current skills and learning new concepts.

Between sessions you'll have time to socialise, getting to know students from other dojos and clubs throughout the day, and in the evening you'll get to toast some marshmallows and have a few laughs around the campfire.

The Venue

Belchamps Scout Activity Centre
Holyoak Lane,
Hawkwell, Hockley,
Essex,
SS5 4JD



The Timetable

	SATURDAY	SUNDAY
8am	Access to Site 8.30am	Session 5 8am - 8.30am Morning Tai Chi [optional] (No Gi) Sensei Caroline Hang Hong
	Arrival/Check In 8.30am - 9.30am	
9am		Session 6 9am - 10am Bo (Gi) Sensei Richard Hang Hong
	Welcome 9.30am Everyone in the dojo	
10am	Session 1 10am - 11am Whips & Stones (Gi) Sensei Richard Hang Hong	Session 7 10am - 11am Session TBA Sensei Martin Lawrence
11am	Session 2 11am - 12pm Session TBA Sensei Caroline Hang Hong	Session 8 11am - 12pm Session TBA Sensei Caroline Hang Hong
12pm	Break/Lunch 12pm - 1pm	Break/Lunch 12pm - 1pm
1pm	Session 3 1pm - 2pm Session TBA Instructor TBA	Session 9 1pm - 2pm Bend, Stretch, Twist (Gi) Sensei Richard Hang Hong
2pm	Session 4 2pm - 3pm Sticky Hands Sensei Richard Hang Hong	— — — BREAK — — — Packing up and off site
3pm	— — — BREAK — — —	
4pm	Intermediate Grading Test 6th - 4th kyu Greensward Academy 3.30pm - 6pm	Advanced Grading Test 3rd kyu & above Greensward Academy 3pm - 6pm
5pm		
6pm	— — — BREAK — — —	Depart
	Dinner 6.30pm	
7pm	Campfire 7pm - late Toasting marshmallows, drinks and shenanigans	

Gasshuku Instructors



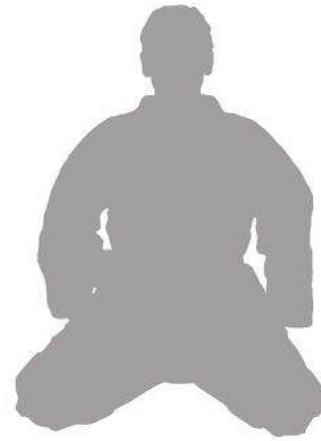
Sensei Richard Hang Hong
Seitou Ryu Karate



Sensei Caroline Hang Hong
Seitou Ryu Karate



Sensei Martin Lawrence
Seitou Ryu Karate



Guest Instructor
TBA

Who can go?

Students of all ages and any grade can come to the gasshuku.

Non-members are welcome to attend.

Under 12s must be accompanied by a parent or nominated adult (*18 yrs+*)

Junior students 12 years+ may attend without a parent or guardian.

What do you need?

Essential

- Karate Uniforms (1 per day recommended) + Belt
- Suitable clothing for non-gi training sessions (t-shirt, shorts/track pants/leggings)
- Suitable footwear (i.e. trainers) for outdoor sessions (no boots or studs)
- Sparring equipment: Mitts/grappling gloves, shin/foot pads, mouth guard
- Focus pads/thai pads/kick shields (*if you have them*)
- Training towel
- Bedding (for teens & adults if staying overnight)
- **All food for the duration of the camp** (Kitchen facilities are available)
- Spare clothes (*include old clothes & footwear for the wooded area*)
- Towel & Toiletries (*toothbrush, toothpaste, soap, etc*)
- Any relevant medication (*e.g. asthma pump, etc*)

Useful

- Portable battery charger
- Torch
- Tape
- Plasters
- Water bottle
- Energy/isotonic drinks (not for children)
- Marshmallows
- Money for campsite tuck shop.

How do you get there?

Belchamps Scout Activity Centre
Holyoak Lane
Hawkwell
Essex
SS5 4JD

Nearest train station: Hockley (1.2 miles away)
About 15-20 minutes on foot

PLEASE NOTE: Your Sat Nav will try to take you up Mount Bovers Lane, This lane is unsuitable for motor vehicles and **you should not use it as is also a private lane**. Instead follow the sign off Main Road into Poplars Avenue and turn left at the top into Woodside chase and right into Holyoak lane.

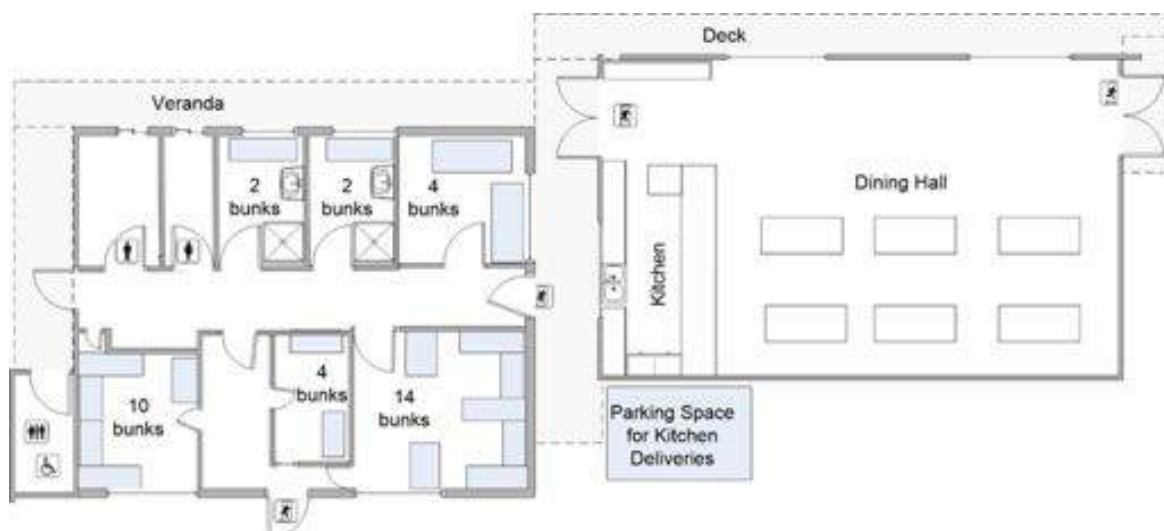


Overnight Accommodation (Students 13yrs+ only)

Kath Batts

For those staying overnight (13yrs+), the Kath Batts building sleeps 32 people in one 14-bed dorm, one 10-bed dorm, and two 4-bed dorms.

There is a fully equipped kitchen and large dining area and the building comes with a large grass area suitable for games and camping (for those brave enough to pitch their tents in November!) There is also a concrete fire block suitable for a small campfire.



The Price

What is included

- Full use of the site facilities
 - 9 hours of training to expand your knowledge and skills
 - Indoor overnight accommodation in shared dorms (13yrs+)

	Full Weekend Sat - Sun (Overnight) (13yrs+)	Full Weekend Sat - Sun (Day) (All ages)	1 Day Saturday Only (All ages)	1 Day Sunday Only (All ages)
Included	All training sessions (9) Overnight accommodation	All training sessions (9)	All Saturday sessions (4)	All Sunday sessions (5)
Training Students	£100	£100	£60	£60
Parents & Spectators Attending with students but not training	N/A	£0	£0	£0

Payment required in full upon booking

PLEASE NOTE
Grading fees are not included