

Ideally, training gashuku (camps) should serve two purposes :-

Provide a concentrated environment of group training without distraction that allows maximal learning in every respect - physical, mental, spiritual, technical.

Provide knowledge - in the form of new techniques, new training ideas and new approaches .  
Throughout the weekend a special bond will form, “a team spirit”, that will be remembered long after the camp is over.

*Although it is important to study and train for skill in techniques, for the man wishes to truly accomplish the way of Budo, it is more important to make his whole life in training and therefore not aiming for skill and strength alone, but also for spiritual attainment.*

**Sosai Mas Oyama**

## The Venue - Details

Camp Manyung Recreation Camp is ideally located on the edge of town and a short walk to the beach.

The Camp is fully catered and has magnificent facilities, most of which we will be utilising on our visit.

- \* Table Tennis
- \* Tennis
- \* Basketball
- \* Cricket
- \* Badminton
- \* Football
- \* Soccer

**Cost –** \$200.00 Adults  
\$180.00 U/16

Family Discounts :  
2 from same family :- \$180.00each  
3 from same family:- \$160.00each

Day Trip only .... \$120.00  
Non karate students attending,  
e.g. parents /friends ..... \$145.00

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***Special Earlybird discount for students book and pay in full before March 13th and pay only 145.00***

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## Accommodation

Dormitory style - each with 8 rooms sleeping between 4 and 8 in each room in bunks.

Blankets supplied but you will need to bring your own pillow towels, pillowcase and sheets or sleeping bag. Camp regulations strictly prohibit both smoking and the consumption of alcohol.

**What to Bring**

- \* PILLOW, Sheets, pillow case and/or sleeping Bag.
- \* Karate Gi (bring 2 if you can) and belt.
- \* Kick Boxers – bring your kick boxing kits
- \* Runners, wind-cheater, track suit, bathers, sun block. Sun hat.
- \* Toiletries and towel for showering, towel for beach.

## Training Schedule

Arriving Friday 26th March after 7pm.  
Coffee, Tea, Biscuits & fruit are available for supper.

	KARATE	KICK BOXING
<b>Friday :</b>		
9.30-11.00	Advanced Kata – Black & Brown belts	
<b>Saturday :</b>		
6.20am	Roll Call	Roll Call
6.30-8am	Training Basics	Kick Boxing
<b>8.30am</b>	<b>Breakfast</b>	<b>Breakfast</b>
10-12pm	Ido Geiko	Sparring techniques Bag work Thai Training
<b>12.30-1.30</b>	<b>Lunch</b>	<b>Lunch</b>
1.30-3.00	Advanced Kata	
3.00-5.00pm	Arnis Fighting Work	Boxing & Footwork
<b>6.30pm</b>	<b>BBQ Dinner</b>	<b>BBQ Dinner</b>
8pm	Sayonara Party	Sayonara Party
<b>Sunday :</b>		
6.20am	Roll Call	Roll Call
6.30-8am	Basics	Kicking techniques
<b>8.30am</b>	<b>Breakfast</b>	<b>Breakfast</b>
10.00-12pm	Fighting Work Kick Boxing	Thai Training Sparring
<b>12.30-1.30</b>	<b>Lunch</b>	<b>Lunch</b>
1.30-2pm	Clean Camp	Clean Camp
2.00pm	Depart Camp	Depart Camp

\*\*Students may cross train/attend any class they wish whether it's karate or kick boxing

**No-one will leave the camp until everything is cleaned up and permission is granted to leave, everyone must help.**

NB. Sayonara Party : Every room must put on an act, sing, dance or tell jokes. This is a tradition for all karate camps around the world.

## Instructors

### Karate & Muaythai: Shihan George Kolovos

Head Instructor Melbourne Kyokushin Karate & Muaythai Kick Boxing Academy. 6th Dan black belt with over 30 years experience. Also the founder and head of World Ring Karate Australia, bringing national & international competitors to Victoria to compete.

### Sifu Robert McInnes

Sifu McInnes started his Martial arts at the age of 5 yrs old and practiced everyday, when he grew up he had a passion that ate at him to learn more.....Sifu traveled to China where he spent 4 years with Master Zui at Taishan, where he mastered the teachings of Sir Ge Dorr . He is the founder of the World Kumite Organisation and is without a doubt the most recognized westerner in Thailand in the Martial arts and boxing. Nearly everyone involved in either Muay Thai Boxing or martial arts knows of his name.

### Guest Instructor

*To be announced.....*

# Melbourne Martial Arts Academy Summer Camp



**Camp Manyung**  
Sunnyside Road, Mt Eliza  
**Friday 26th March 2010**  
to  
**Sunday 28th March 2010**