

通身眼

Tsu Shin Gen Winter Camp

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22nd to the 25th of January
2010

INVITATION

Dear Shihan, Sensei, and Sempai,

The Russian organization MMA Tsu Shin Gen together with Tsu Shin Gen International Budo Association invites you to attend the MMA Tsu Shin Gen Camp that will be held in Russia from **22nd January until the 25th January 2010.**

The Chief Instructors of the Camp are:

Kancho David Cook 9th Dan Shihan Ivan Titenkov 6th Dan



1. Included in the program of the camp is:
 - Training Tsu Shin Gen - Mixed Martial Art
 - New Grappling Drills
 - Grading test for students for 10 – 1 Kyu
 - Dan grade test for Shodan.
2. Arrival of the participants – 22nd January at 10.00;
Departure of the participants – 24th January 20.00, or 25th January morning.
3. The Winter Camp will be held at:
 - Russia, the Moscow region, Pushkinsky area, settlement " Zeleny gorodok ",
at the boarding house "**Salute**".

4. Travel from Moscow:

- From the Yaroslavl station by an electric train, up to station " Pushkino ", further by the bus № 28 or on a fixed-route taxi № 28 up to a final stop - village Kostino.

5. Necessary things:

- two Karate Gis
- sports shoes
- sparring gloves
- individual means of protection.

6. The cost of the Summer Camp will be **euro 100.**

7. Included in the cost of the Camp is:

- Instruction Fee
- Three meals a day
- Accommodation
- Rent of the sports hall
- Registration of the Invitation with the Russian Authorities.

8. Cost of examinations for 10-5 Kyu grades – **euro 12.**

Cost of examinations for 4-1 Kyu grades – **euro 18.**

Cost of examination for Shodan, without manufacturing a belt – **euro 100.**

For the additional information it is possible to contact Kancho David Cook at david@sallen.se or Shihan Ivan Titenkov at shihan@inbox.ru

Welcome!

THE SCHEDULE

Realizations of the Tsu Shin Gen MMA camp

From January, 22 till January, 25, 2010

(the place of realization - the boarding house "Salute")

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|-----------------------|---|
| 1. January, 22 | 10-00 – Arrival of the participants
11-00 - training in a hall till 13-00
14-00 – dinner
15-00 - rest till 16-30
17-00 - training in a hall till 18-30
19-00 – supper
23-00 - dream |
| 2. January, 23 | 7-00 - rise
7-30 - 8-30 - morning training |

9-00 – breakfast
11-00 - training in a hall till 13-00
14-00 – dinner
15-00 - rest till 16-30
17-00 - training in a hall till 18-30
19-00 – supper
23-00 - dream

3. January, 24

7-00 – rise
7-30 - 8-30 - morning training
9-00 – breakfast
10-00 – 13-00 - Examination
14-00 – dinner
17-00 - 18-00 - training
18-00 - Delivery of certificates, solemn closing of camp, Photo for memory
19-00 – supper
20-00 - departure of participants

3. January, 25

8-00 – rise
9-00 – breakfast
10-00 - Additional training