

通身眼

Tsu Shin Gen Ashihara Karate Seminar

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6st to 9th of May 2010

INVITATION

Dear Shihan, Sensei, Sempai and students

The Russian organization Tsu Shin Gen Karate invites you, your trainers and athletes from 12 years old and older to attend at the TSG Ashihara Karate Seminar in Russia

from

6st May until the 9th of May 2010.

The Chief Instructor of the Camp is:

Kancho David Cook 9th Dan



Assistent Instructors are:

Shihan Mikael Forsman 5th Dan and Oleg Frolov 5th Dan

1. Included in the program of the camp is:

- Training Technology TSG Ashihara Karate
- Kyu grade test for 10th to 1st Kyu
- **Dan grade test for Shodan, Nidan and Sandan**

2. Arrival of the participants: 6th of May at 10.00.

Departure of the participants: 9th of May in the morning.

3. The Summer Camp will be held in Yekaterinburg, St. Respublikanskaya at AVS Hotel in Russia.

4. Directions from the railway station:

From the metro station Ural to St.Metro Uralmash then by bus number 33 to the terminus.

Please note that all foreign delegations will be met at the airport and driven by bus to the camp. Therefore we will need your flight number and arrival time.

5. Necessary things:

- two Karate Gis
- sports shoes
- sparring gloves
- individual means of protection
- makiwara or pillow-paw

6. The cost of the Summer Camp will be 4 500 rubles or 1 500 rubles per night (including accommodation, meals, room rental and instructor fee).

8. Examination fees:

- 10th to 6th Kyu - 12 euro
 - 5th to 1st Kyu - 18 euro
 - Shodan - 100 euro
 - Nidan - 150 euro
 - Sandan - 200 euro
- (all prices are without manufacturing of belt)

9. For all those from foreign countries wishing to visit the TSG Ashihara Seminar it is necessary for the registration of the official invitation and visa support, that the application is received by us no later than the 15th of Mars 2010 with your date of arrival and the date of your departure.

Please send your preliminary application by e-mail to:

Fio58@mail.ru with the following information:

- names and surnames of participants
- copies of passports – identification page with photo
- the address of the participant with the exact post address and contact phones, e-mails or faxes.

10. To all candidates who wish to participate in Dan Grades Tests, it is necessary to submit your application before hand and inform Shihan Mikael Forsman or Shihan Oleg Frolev no later than the 1st of April 2010.

For the additional information it is possible to contact Shihan Mikael Forsman at tsushingen@gmail.com or Shihan Oleg Frolov at Fio58@mail.ru

Welcome!

Schedule

6th May 10.00 Arrival of the participants
11.00 - Training in the hall to 13.00 (2 hours)
14.00 - Lunch
15.00 - Free time to 16.30
17.00 - Training in the hall to 18.30 (1.5 hours)
19.00 - Dinner
21.00 - The general meeting of Instructors
23.00 - Dream

7th May 08.30 Rise
09.00 - Breakfast
11.00 - Training in the hall to 13.00 (2 hours)
14.00 - Lunch
15.30 - Training in the hall to 17.30 (2 hours)
18.00 - Dinner
19.00 - Training in the hall to 20.30 (1.5 hours)
21.00 - Theoretical exercise
23.00 - Dream

8th May 08.30 Rise
09.00 - Breakfast
11.00 - Training in the hall to 13.00 (2 hours)
13.30 - Lunch
14.30 - 18.00 - EXAMS
18.00 -18.30 - Closing the camp, awarding certificates, photos.
19.00 - Dinner / Sayonara
20.00 - Departure of participants.

9 May 08.00 Rise
09.00 - Breakfast
10.00 - Participation in the Victory Parade
Procession of the Union of Martial Arts of Russia.

Welcome!