



Red Dragon Karate Institute/British Association for Martial Arts **Summer Camp 2010**

We are delighted to confirm that we have organised a weekend residential Karate trip to the Brecon Beacons from Friday 6th to Sunday 8th August, open to all BAMA members and their families.

In addition to the training, the trip hopes to bring together BAMA members from all over the country, enabling students to benefit from meeting and sharing knowledge with other like minded martial artists. It is also a great opportunity to make new friends and meet up again with old ones!

Our guest instructor - Sensei John Burke.

John Burke sensei is an old friend of mine personally and of the RDKI. He is currently ranked 5th Dan in Shotokan Karate and, like myself, is in the privileged position of having trained with some of the best instructors in the world. Burke sensei has also trained in Europe and Japan. His books are sold worldwide and his seminars on kata bunkai are heavily subscribed all over the UK and beyond. I hope that one or two of our members will be taking their shodan (1st degree black belt) examinations at camp. Burke sensei will be joining me on the grading panel.

Figure 1 John Burke sensei, 5th Dan



Accommodation

We will have sole use of a charmingly converted Welsh Farm house nestling below the Danywenallt Reservoir. The centre is surrounded by wooded slopes, high peaks, waterfalls and trails and has a large field directly outside, big enough for people to camp in and for us to train in. The farmhouse comfortably sleeps 36-40 people. All rooms have en suite or private bathrooms and sleep 3-4 people.

The weekend is all inclusive, apart from alcoholic drinks (the premises are licensed so only alcohol purchased on site can be consumed there). The menu has a wide selection of delicious choices, including vegetarian options ranging from traditional to contemporary tastes., All meals are made from the best local produce to bring you home cooked, regional flavours in relaxing and friendly surroundings. A children's menu is available for the under 10s with a range to suit all tastes. The total cost of the trip will be £100 this includes two days' training, accommodation, meals and activities. The cost for non-training family members will be £80.00 pp.

Figure 2 Danywennallt



To help spread the cost, an installment scheme is available at £20.00 per month March - July. Please ensure that you make your payments at the start of each month if you choose this option. A maximum 60 places are available and we anticipate that these will fill quickly. Places will be reserved on a "first come first served basis" and the final 20 places will be in tents (we can provide a limited number of 2 person tents on request if you cannot take your own or share).

If you would like to attend, please complete the Booking slip below and return it with a £20 per person non-refundable deposit as soon as possible to Emma Harris at the RDKI. Please make cheques payable to "Red Dragon Karate Institute". Once all places are full, we will provide further information on times and a full itinerary. You will need to complete the booking form below to ensure any dietary and/or medical needs are met.

CODE OF CONDUCT

To ensure that all participants get the maximum benefit and enjoyment of the camp, students under 18 are required to abide by a code of conduct at all times. Students breaking this may be asked to leave the camp

- All students are to ensure that they remain in allocated groups at all times.
- Students must treat the farmhouse and other course participants with respect at all times.
- Students must not enter other students' rooms without the express permission of an instructor or authorized adult.
- Male students must not enter female students' rooms at any time or vice versa.
- Students must listen to and comply with all instructions at all times.
- Students must respect the privacy and property of others.

DECLARATION

* = delete as necessary

I have read and understood the information provided and I agree to take part/for my child* to take part in the RDKI Summer camp.

I understand that the RDKI will take all reasonable care of my child(ren) during the trip and that I/my child* will be under obligation to obey all directions and instructions given and to observe all rules and regulations governing the trip.

I understand the code of conduct for the visit and the sanctions that may be used if I/my child* breaks them

I understand that if I/my child* acts unreasonably or dangerously or outside the code of conduct, I may be asked to collect and that there will be no refund of any monies paid.

In an emergency I agree to receive/ for my child to receive* emergency medical treatment inclusive of dental and surgical procedures and anesthetics and blood transfusions as considered necessary by any professional medical authorities present.

I have ensured that my/ my child's* BAMA license and insurance is up to date.

I give my consent for photographs taken of me/my child* to be used in magazine/newspaper publications and on the RDKI and/or BAMA websites.

Students Name:

Signature (parent or guardian if -16yrs)

Date:

BOOKING FORM

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Student Name :

Student Address:

Emergency Contact Tel:

Club:

Instructor:

Grade:

- Do you suffer from any ongoing or chronic medical conditions or allergies? Yes / No

Details:

- Do you have any special dietary requirements? Yes / No

Details:

- Do you take any regular medication? Yes / No

If yes, please give details below:

Please ensure that you declare any acute conditions to the instructor's prior to training.

I enclose deposit of £20 per person / full payment (cheques payable to Red Dragon Karate Institute) please send cheques to 25 Swanage Close , St Mellons , Cardiff , CF3 0LS.

Telephone number for any queries 02920 191197