



IFK Kyokushin CAMP 2014



Fri 11th – Sun 13th April
Heathcote Scout Training Camp
2 Freeman Rd, Heathcote NSW 2233

Shihan David Pickthall

Eligibility: 10 yrs and up *OR* 7th kyu and up

COST

Participants : \$160

Non-participants : \$130

CONTACT

For IFKKA students,
contact your instructor

All others:

info@ifk-australia.com

02 9560 2112

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Important Details

Eligibility : You must be 10 yrs older, OR 7th kyu (senior blue) or higher

Accommodation : There are separate male and female dormitory style sections. There is NO separate family style accommodation.

What to Bring:

Personal: sheets, sleeping bags, pillows, towel and toiletries required by each person attending, appropriate clothing for the weather, hats, sunscreen, warm jacket etc.

Training items: two (2) gi (if you have them), running shoes, shinpads, mouthguards, and mitts, and for women, breastguards if you have them.

Food: all food will be provided and catered. If you have special dietary requirements you will need to arrange your own food.

Please bring your own choice of soft drinks or sports drinks (no alcohol permitted) and anything else you think you'll need.

If you have any other questions, ask at your dojo.

Register NOW to secure your spot for 2014

To guarantee supply of your camp t-shirt, **you MUST confirm & pay for your booking by Tuesday, 25th March 2014**

Formal camp bow-in and first session on Friday 6.30pm. The last session finishes on Sunday at 2pm, after which everyone must help with cleaning up, for a 3pm departure.

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Gregory's Map Ref : p518 D11
UBD Map Ref : p351 D11

