



Rockwood JKA Presents:
2018 annual Gashuku
Friday November 16th to Sunday November
18th, Camp Brebeuf
8434 Brebeuf Path in Rockwood!

**PUSH YOUR LIMITS,
FACE YOUR FEARS!**

www.rockwoodjka.com
519-826-6111



The Japanese word **“Gashuku”** can be interpreted to mean a training camp. It is an opportunity to live & learn with others, as in a camping situation.

The goal of our gashuku weekend is to share and discover together, foster growth within karate training through positive connections with nature, and to enjoy this unique multi-faceted learning experience.

The attached schedule is tentative, and subject to change due to weather, and /or unforeseen circumstances.

Participants are encouraged to bring along any instruments to play, or other talents to share with the group.

Parents/family & friends welcome; see registration form for details

FOOD:

Nut-free snacks to share at the bonfire and throughout the weekend are welcome. They must be kept in the kitchen area, by the kitchen staff.

All meals for the weekend will be prepared for us by the camp staff, according to Canada’s food guide.

**** Camp Brebeuf is a nut-free zone, & food is not permitted to be kept in the cabins****

Students ...

Friday night, Saturday all day & Sunday.

Karate, Friendship, Fun, & food!

Parents/family/friends ...

Welcome to visit, watch, train & stay, and join us for events, fun & food!

****Other than (if necessary) cellular telephones, please do not bring technology to this camp****

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2018 Rockwood JKA Gashuku Schedule



SAT. NOVEMBER 17

8:30 am: Breakfast

10:00 am: First training - Sensei Roy Chinfee

11:45 am: Climbing wall

1:00 pm: Lunch

2:15 pm: High Ropes

4:30 pm: Second training - Sensei Eddie
Leung

6:30 pm: Dinner/evening festivities until 9:30



FRI. NOVEMBER 16

4:00 pm onward: Gashuku arrival

6:30 pm: Dinner

8:00 pm: Bonfire/entertainment

9:30 pm: Lights out



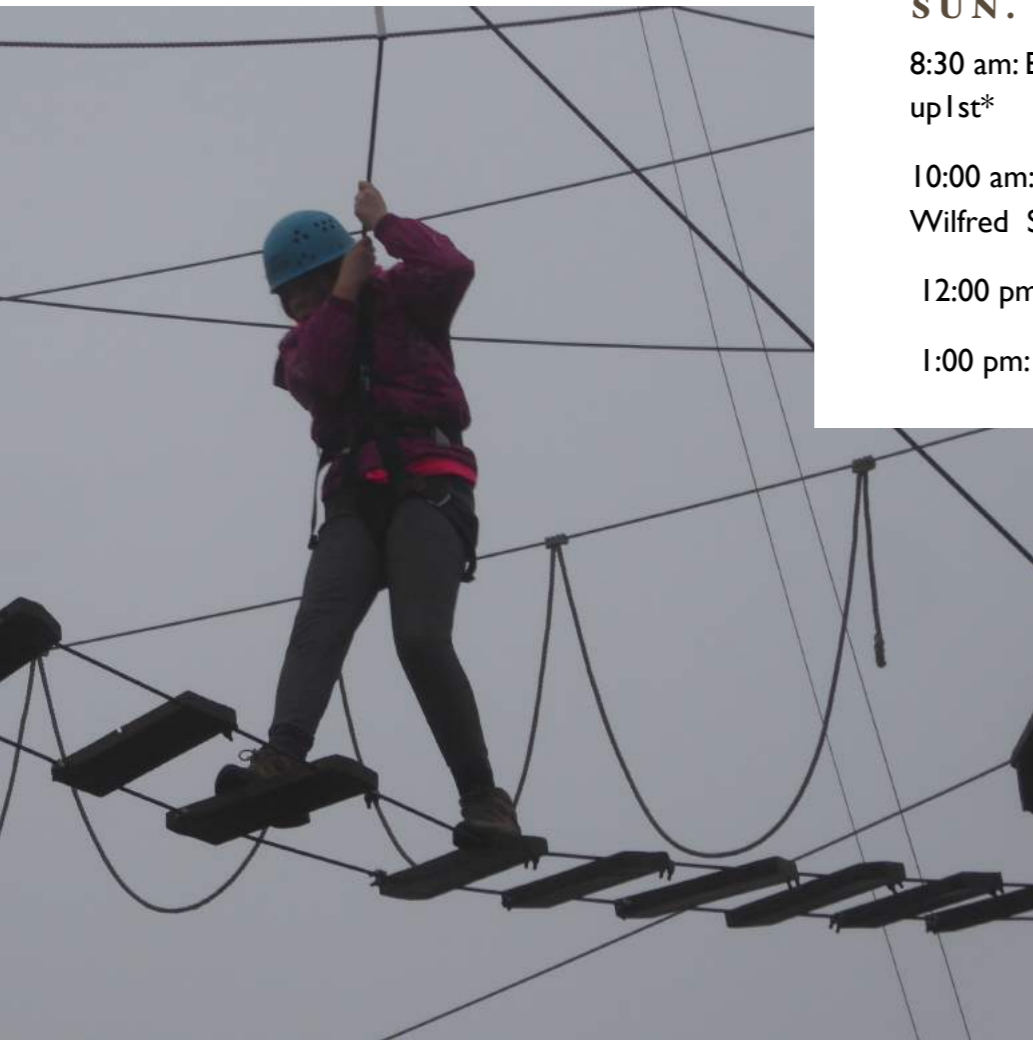
SUN. NOVEMBER 18

8:30 am: Breakfast *must be packed
up 1st*

10:00 am: Third training - Sensei
Wilfred Seerattan

12:00 pm: Archery

1:00 pm: Gashuku wrap up



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Rockwood Karate's annual Gashuku has been a tradition since we first opened our doors in 2002. Every year, students and their families anticipate this fall event, and develop close positive bonds with instructors and peers throughout the weekend.

The Gashuku is a very special opportunity to share karate training, learn new skills, entertain each other, and come to realize how karate crosses over into everyday living.

Team building, hard work, good food, and friendly leisure time make for an excellent weekend. Family members are welcome and encouraged to attend and participate!



Creating cherished and memorable experiences every year since 2002

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Rockwood Japan Karate Dojo 2018 Gashuku Registration Form

**** Please complete both sides of this form, and return with payment by Thursday November 1st****

Circle preferred option(s) below, & indicate # people for each

WHERE: Rockwood's own Camp Brebeuf, 8434 Brebeuf Path, Rockwood, ON

WHEN: Friday November 16, arrival 4-6pm, to Sunday November 18, ending @ 1pm.

COST/BRIEF DESCRIPTION:

Option A) \$175/training participant, full weekend, incl's all meals, classes, overnights & recreation: # _____

Option B) \$90/training participants, Saturday *only* (incl's all meals, recreation & classes): # _____

Option C) \$100/non-training participants, entire weekend plus recreation & food: # _____

Option D) \$50/non-training participant Saturday's meals and recreation only: # _____

Option E) \$25/person/class or planned recreation event: # _____

SCHEDULE OF EVENTS AND DETAILS: ***Please refer to gashuku package***

NAMES OF PARTICIPANTS AND ATTENDEES: _____

DOJO AND SENSEI'S NAME: _____

*****All participants under the age of 18 must be accompanied by an adult, when not participating in a scheduled class or activity*****

Call or e-mail Donna Haskett if you have any questions: Tel: 519-826-6111



E-mail: rockwoodkaratelive.com

Website: www.rockwoodjka.com



ROCKWOOD KARATE CAMP WAIVER

I UNDERSTAND THAT AS A CONDITION OF MY PARTICIPATION IN KARATE CLASSES, I MAY SUSTAIN MINOR TO SERIOUS INJURIES. I SAVE HARMLESS THE ROCKWOOD JKA, CAMP BREBEUF, ALL INSTRUCTORS AND CAMP CO-ORDINATORS FROM ANY AND ALL LIABILITY FOR INJURY, LOSS OR STOLEN ARTICLES I MAY INCUR DURING SAID CAMP. I SIGN THIS WAIVER AS RECOGNITION OF MY UNDERSTANDING OF THE ABOVE MENTIONED RELEASE OF LIABILITY.

PRINTED NAME..... SIGNATURE.....

SIGNATURE OF PARENT OR GUARDIAN IF UNDER THE AGE OF 18 YEARS OLD:

PRINTED NAME..... SIGNATURE.....

TELEPHONE NUMBERS & E-MAIL ADDRESSES:

.....

DATE:

**PLEASE COMPLETE AND SUBMIT THIS FORM WITH YOUR PAYMENT NO LATER THAN THURSDAY, NOVEMBER 1st/2018
CASH OR CHEQUE ONLY, CHEQUES MADE PAYABLE TO DONNA HASKETT.**

Thank-you

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