

The Northwest 2010 Summer Camp



Featuring

Hanshi Fusei Kise & Kaicho Isao Kise

of the

Okinawa Shorin Ryu Matsumura Seito Karate & Kobudo Federation

Hosted by:

The NorthWest Budokan Dojos

August 20, 21 & 22, 2010

Camp Workout

We invite students of Grandmaster Fusei and Kaicho for two and a half days filled with great training and comraderly. Camp will begin Friday evening, August 20th with a “Get Together Workout” 6pm-9pm. Master Kise and Kaicho will be running camp Saturday and Sunday, August 21st and 22nd 9am-noon & 2pm-5pm.

Location: Mukilteo YMCA (see Map)
10601 47th Place West
Mukilteo, WA 98275

Phone: 425.493.9622

Cost*: \$175.00. (\$25 discount if paid before Sunday, July 4th!)
7th Dan and above – no cost (honorarium paid directly to Master Kise and Kaicho)
Promotion fees must be sent to me by Friday, July 4th. It takes approximately 1 month to receive them from Okinawa. In order to keep testing short, only Shodan and above will be testing at camp.

Send to: NorthWest Budokan
3631 Federal Ave.
Everett, WA 98201

Contact: Jay Gravelle
Shihan@NWBudokan.com
425-327-6610

- Participants must wear only clean white gis with all patches and belts. **NO** t-shirts.
- Please mark and bring weapons to class. Weapons will be laid out together for fast access during class. Participants must bring their own weapons. You are welcome to send them to me before you come if you wish.

Remember to bring a gift of appreciation for Master Kise and Kaicho. We ask that instead of gifts that must be shipped back to Okinawa, each student bring a card with a monetary gift and a picture of them self in each card for them. The rule of thumb is that Master Kise should get twice as much as Kaicho. The card can be handmade or bought. Make sure to put your name and date on the picture. There will be a table setup at the workout to put your cards on for them. The senior students in each class will be presenting the cards.

Schedule: (Subject to Change)

Friday, August 20	6pm – 9pm	“Get Together Workout”
Saturday, August 21	9:00 – Noon	Basics, Kata, Ippon Kumite
	2:00 – 3:30 pm	Kobudo
	3:30 – 5ish	Testing
	6:00 - ?	Black Belt dinner.
Sunday, August 22	9:00 – Noon	Tuite
	2:00 – 5:00 pm	Kata

*A Camp T-shirt is included in your registration fee.

NorthWest Budokan 2010 Camp Registration Form

This form must be completed, signed and returned with camp fee to Shihan Jay Gravelle

Name: _____ Rank: _____

Sensei: _____ T-Shirt Size: _____

Address: _____

City: _____ Zip Code: _____

Email: _____ Phone: _____

Name & Phone Number in case of emergency: _____

Participation and Release of Liability

Participant Health: The participant represents that he/she is in physically sound condition and understands that participation in group exercise and other exercise, weight training, recreational sports, and use of pools, spas, saunas, steam rooms and fitness equipment carry a potential risk of injuries or illness. The participant further understands that the YMCA of Snohomish County assumes no responsibility for any such injury or illness.

Property Loss: The participant understands that the YMCA is not responsible for personal property lost, damaged or stolen while using YMCA facilities, including parking lots, or participating in YMCA programs.

Photograph Permission: The participant hereby gives permission for the YMCA to use, without limitation or obligation, photographs, film footage or tape recordings which may include the participant image or voice for purposes of promoting or interpreting YMCA programs.

Insurance: The participant understands that the YMCA does not provide any accident or health insurance for its members or participants and further understands it is the participant's responsibility to provide such coverage.

Medical Treatment: The participant gives permission for YMCA staff or volunteers to provide emergency medical treatment, and to transport to an emergency center for treatment. Also, the participant consents to medical treatment deemed immediately necessary or advisable by a physician.

Release of Liability/Participation: I am an adult age 18 or older and wish to participate in YMCA activities. I understand that accidents can sometimes happen. Therefore, in exchange for the YMCA allowing me to participate in YMCA activities, I understand and expressly acknowledge that I release the YMCA, its employees, its boards, members, volunteers or guests from all liability for any injury, loss or damage connected in any way whatsoever to participation in YMCA activities whether on or off the YMCA's premises. I understand that this release includes any claims based on negligence, action or inaction of the YMCA, its employees, boards, members, volunteers or guests. YMCA participation excludes Level 2 and Level 3 Registered Sex Offenders.

Signature Date

No Video or Flash Pictures allowed during the workout.

Guests are welcome to attend, but please do not bring young children.

(Please make out checks to NorthWest Budokan)

Mukilteo YMCA

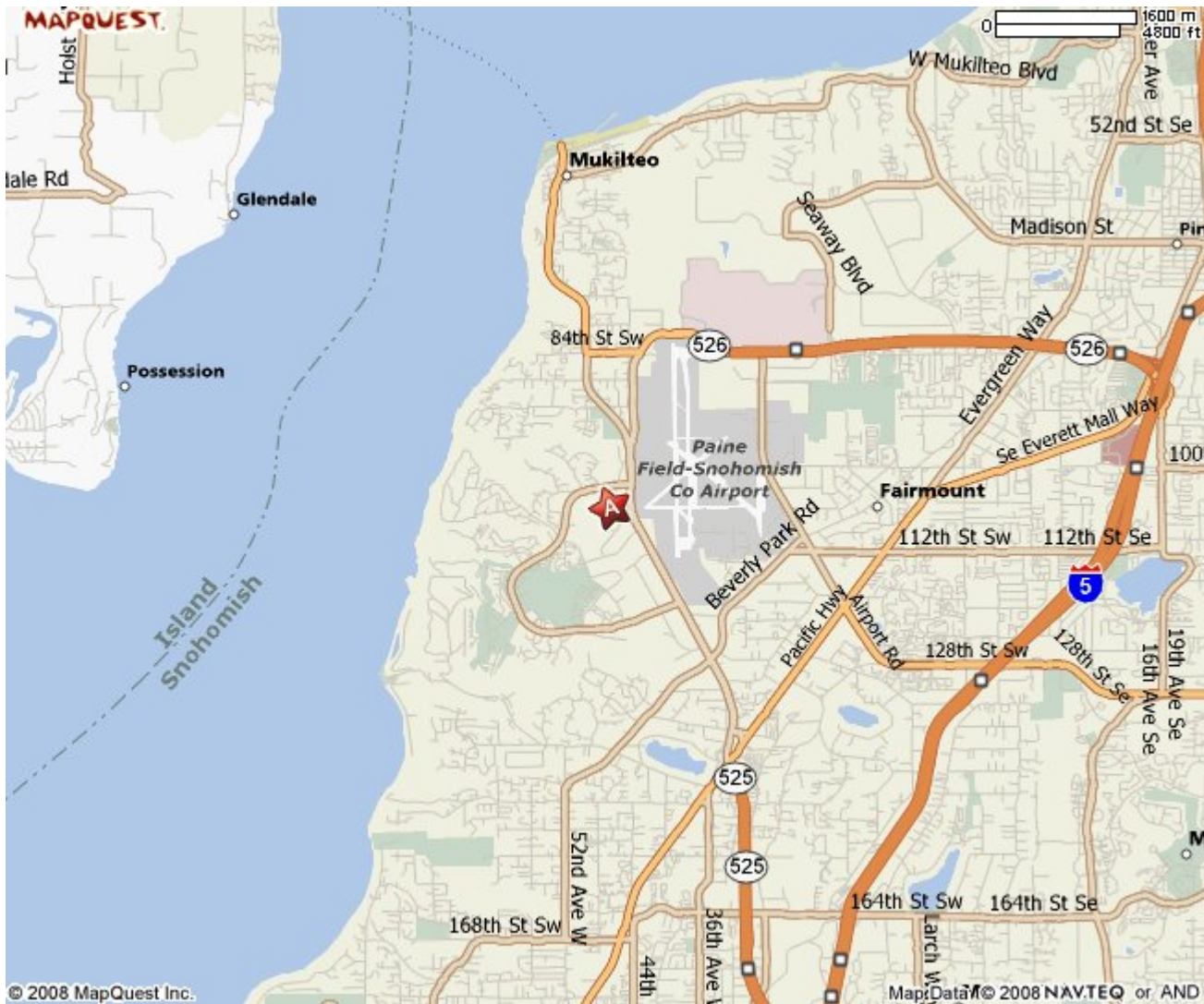
10601 47th Place West

Mukilteo, WA 98275

Phone: 425.493.9622

Driving Directions to Branch

Take I-5 to Hwy 526 exit (Boeing freeway). Take Hwy 526 west past Boeing and turn left onto Mukilteo Speedway. Follow Mukilteo Speedway to Harbour Pointe Boulevard, turn right. Go one block to 47th take a left (Fire House is on your right). YMCA Branch is one block on your left.



ACCOMODATIONS IN THE MUKILTEO AREA

[Extended Stay America Mukilteo](#) - \$\$

3917 Southwest Harbour Point Blvd, Mukilteo WA 98275
Phone: 425-493-1561

[Motel 6 Everett North](#) - \$

10006 Evergreen Way, Everett WA
Phone: 425-347-2060

[Silver Cloud Inn Mukilteo](#) - \$\$

718 Front Street, Mukilteo WA 98275
Phone: 800-311-1461

[TownePlace Suites Mukilteo](#) - \$\$\$

8521 Mukilteo Speedway, Mukilteo WA 98275
Phone: 425-551-5900

[Hilton Garden Inn](#) - \$\$\$

8401 Paine Field Blvd, Mukilteo, WA 98275
Phone: 425-423-9000

[Staybridge Inn](#) - \$\$\$

9600 Harbour Place, Mukilteo, WA 98275
Phone: 425- 493-9500

There are also many other accommodations in the Everett/Seattle area.

Procedures and Protocol

Students and Guests please read:

(Parents please talk to your children that will be attending.) This is a very exciting time to be able to have Master Kise and Kaicho here for our 2010 Summer Camp. I would like you to make sure we pay the utmost respect to Master Kise, Kaicho and all upper Black Belts at all times. Remember these are “your” teacher’s teachers.

Here is a list of procedures and protocol you may or may not know. Keep in mind Master Kise comes from Okinawa and some things may seem a little strange to us here in the United States, but it is important that we respect their customs so that they both feel comfortable being here and helping us learn.

Bowing

- When bowing to any of the higher belts place your hands down and slightly to the front so your hands are not hidden. Women may also place their hands in the front of their thighs and bow. Do not slap your thighs when you come to attention or bow. Do not look directly in the person eyes when bowing.
- Remember to bow anytime Master Kise or Kaicho comes over to talk to you and if this is the first time of the training say: “*Konbanwa* (Good Evening), *Ohayou gozaimasu* (Good Morning) or *Konnichiwa* (Good Afternoon) *Hanshi*”. This is both a showing of respect and form of hello.
- If you are shown something or corrected bow and say: “*domo arigato gozaimashta Hanshi*” (*Master Kise*) or *Kaicho*. (Thank you very much for teaching me). The rule is that if you’re in doubt... bow.

Dojo Etiquette

- Master Kise is referred to as “Hanshi”. So as a reference instead of “Sensei ni” one would say “Hanshi ni”.
- Always face away from Sensei and upper belts when adjusting your obi (belt) or gi (uniform).
- Never show the bottoms of your feet to Master Kise or Kaicho. When stretching or sitting turn to a 45 degrees.
- When drinking during break place one hand on the bottom of your water bottle. Do not show the bottom of your bottle or cup to Master Kise or Kaicho.
- Don’t run up to Master Kise or Kaicho.
- Do not go up to the head table during a break. Remember this is their break, too.
- After bowing you may extend a handshake, but bow first.
- If Master Kise should reach out to shake your hand ensure that you reach with 2 hands, and bow as you shake his hand.
- Do not try to hug Master Kise or Kaicho or put your arm around them when getting a picture with them.
- Do not ask to have a picture with them. Sensei will help in setting up pictures for each group. We will not have enough time for everyone to have individual pictures.
- Please use the restroom before the workout, but if you must go first bow and step behind your line and walk to the end of your row and quietly out through the back door.
- Bow every time you enter or exit the dojo.
- Do not raise your hand or shout out to ask a question. Wait for sensei or a higher belt to walk by and ask them.

- Never argue or say something like, "Sensei said to do it that way". If Master Kise shows you something different make a note of it, try to do the technique he showed you and then tell Sensei later.
- Do not chew gum in the dojo.
- While in line do not talk to or poke the people around you.
- Please try to arrive on time, but if you are late. Bow in and stand and wait until Sensei or a higher belt motions for you to join the class. Do not go to where you normally would stand in line, but join the line in the back of the class.
- Senior students are expected to set a good example for juniors, protect them from injury, help them learn, and treat them with respect and consideration.
- Never throw or drop your obi (belt) on the ground, and never wash it. Your obi is a symbol of your spirit.
- Place for your shoes and socks in a neat line reserving a space nearest the dojo or door for Master Kise's and 3 other pairs of shoes.
- Trim your fingernails and toenails.
- Please remove any jewelry, particularly watches, earrings, bracelets, necklaces, and heavy rings.
- When Master Kise or a higher belt is showing the class a technique sit down so everyone can see.
- There is no horseplay in the dojo.
- Turn off mobile phones and pagers whilst in the Dojo.
- Never use someone else's weapons without permission.
- If Master Kise asks to use your weapon to demonstrate with hand them to him with both hands and bow. When he gives them back accept them with both hands and bow again.
- During a break do not sit on chairs or lay on the floor.
- No running in the dojo.
- Weapons should be placed in neat rows. Remember to mark your weapons.
- Wear a clean white gi with only approved patches.
- Be on your best behavior

Out to Dinner or Drinks

If you are out with Master Kise (or seniors) continue to show your respect at all times. Don't get lazy with your custom or courtesy just because you are out with them.

- Never drink even a sip of your drink until Master Kise drinks his, or in the case of eating, do not eat until he starts to eat, unless he directs you to do so.
- Normally when drinking you should always start with a Kampai (toast) first. A Kampai is a tradition that must carried out properly. To Kampai:
- Ensure you hold your glass with 2 hands with your left hand on the bottom of your glass.
- Ensure your glass is lower than Master Kise or anyone of senior rank when you touch glasses.
- Bow at the same time you Kampai.

Gifts:

Remember to bring a gift of appreciation for Master Kise and Kaicho. We ask that each student bring a card with money and a picture of them self in each card for them. The rule of thumb is that Master Kise should get twice as much as Kaicho. The card can be handmade or bought. Make sure to put your name and date on the picture. There will be a table setup at the workout to put your cards on for them. The senior students in each class will be presenting the cards.

Domo arigato gozaimas,

Jay Gravelle

Shihan

NorthWest Budokan