



**Frank Woon-A-Tai, 9th Dan,
Chief Master**



**Dr. Dexter Shim, 8th Dan
Deputy Chief Master**



**Maureen Woon-A-Tai, 8th Dan
Deputy Chief Master**

Special Guest Masters



**Alice Bernstein, 7th Dan
Barbados**



**Keith DaCosta, 7th Dan
Ontario HQ**



**Josef Woon-A-Tai, 7th Dan
Ontario HQ**



**David Pyke, 7th Dan
New Brunswick**



**Paul Bernstein, 7th Dan
Barbados**



**Dr. Hector Sotomayor,
7th Dan. Puerto Rico**



**Guy Bourgon, 7th Dan
Quebec**



**Bryan Mattias, 7th Dan
Quebec**



**Marc Cordice, 7th Dan
Washington State, USA**



**Marcel Lussier, 7th Dan
Saskatchewan**

IKD Open World Camp and Camp Cup

June 12 to 16, 2014

Camp White Pine, Haliburton, Ontario. Canada

Osu! It gives me great pleasure in extending this invitation to all karate-ka who follow traditional karate and whose lineage dates back to masters Funakoshi, Nakayama, and other traditional masters whether you received training from the JKA, ISKF, IKD, ITKF, SKI, etc., you are most welcome to attend our camp.

As usual, we are back at beautiful Camp White Pine in Haliburton, Ontario, which is about 1.5 hours from Toronto Pearson airport. It is a secluded location that is perfect for a camp retreat, close to the big city, yet far away from the hustle and bustle of city life and stress. Think of it as an affordable holiday with accommodation, three meals daily, and the opportunity to train. You most welcome to bring your own family.

OKC annual camps were held at White Pine prior to the existence of IKD. However, history was made in 2011 with the establishment of the IKD that featured foundation resolutions, and the swearing-in ceremony of the chief instructor and two deputies. The second camp and world cup in 2012 verified that IKD standards are indeed quite high and that we are on solid foundation. Our third camp in 2013 focused on technical standards that were established by Master Nakayama during the golden era of the JKA – the 60s and 70s. IKD Passports were distributed and the IKD Instructor Training Program was launched with relevance to the 21st century. 2014 camp will feature our own home grown third generation karate masters who have a wealth of experience to share with you. Each of them have between 30 to 50 years karate experience and are thus “masters” in every sense of the word. They all trained with the likes of Masters Nakayama and all his legendary disciples like Masters: Nishiyama, Okazaki, Kanazawa, Mikami, Yaguchi, Koyama, Takashina, Tanaka, Osaka, etc. At camp, I will introduce “a new teaching method” that will make it possible to not only learn kihon, kata, and kumite in a single class, but bunkai and enbu as well.

Today, IKD is represented in all ten Canadian provinces as well as five states in America. At the time of this announcement, IKD is in 26 countries with 46 regional organizations globally. To all our members, friends, and future members, please make every effort to attend the 2014 IKD Open World Camp and Camp Cup. Show your support of our efforts and aims and be part of history. I look forward to meeting and greeting you at camp and thank you very much for your continued support!



IKD Shihan-kai in Judge's uniform



Clean Student Facilities

Camp Fees

The 2014 IKD World Camp begins Thursday, 12 to Monday, June 16. Check in time 1:30pm.

All payments in US or Can currency - on par.

US and Canadian members' regular tuition:		International members:
Plan 1:	5 days/4 nights \$455.	\$405.
Plan 2:	4 days/3 nights \$405.	\$365.

Early bird discounts:

- *Pre-register and pay for Plan 1 by April 30, receive \$30 discount. Thus, you pay **\$425.** International **\$375.***
- *Pre-register and pay for Plan 2 by April 30, receive \$30 discount. Thus, you pay **\$375.** International **\$335.***

Additional member family discount:

- Family of two or more, additional 10% off.

Non-training US and Canadian guests:		Non-training International guests:
Plan 1:	5 days/4 nights \$365.	\$325.
Plan 2:	4 days/3 nights \$325.	\$295.

Early bird discounts:

- *Pre-register and pay for Plan 1 by April 30, receive \$30 discount. Thus, you pay **\$335** International **\$295***
- *Pre-register and pay for Plan 2 by April 30, receive \$30 discount. Thus, you pay **\$295** International **\$265***

Final cut-off date:

Final reservation deadline is June 2, 2014. Sorry, we cannot accept walk in campers as meals and accommodation must be reserved with Camp White Pine.

Cancellations:

If you are unable to attend camp for any reason, a refund of your deposit is available minus a \$30.00 clerical fee. Sorry, no refunds after June 2, 2014.

Facilities:

Camp White Pine cabins are clean and bright. Facilities include five dojo spaces, mini golf, tennis, basketball and beach volleyball courts, swimming and many other activities. The camp store offers camp T-shirts, and other karate related merchandise.

Room and board are included in tuition with three full meals daily. Vegetarian meals can be arranged, but you must request it as soon as possible. Students room in cabins with about 10 others or less. Separate washrooms and showers are located in outside buildings. You must provide your own pillows, blankets, bedding and your own soap, shampoo, etc. For overseas campers you may rent bed linen, blanket and pillows from the camp for \$15.

TRANSPORTATION:

Transportation from Pearson airport to camp and back is \$60. Please let us know by **April 30** if you need transportation and for how many people. Please send by email your arrival date, times, and number in your party. Please do not simply **“show up”** and expect a ride. Another option would be to rent a car from the airport and drive to camp.

2014 IKD WORLD CAMP REGISTRATION FORM

Name: _____ Birthdate: _____ Sex: ____ Rank: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

Region: _____ Country: _____

Dojo: _____ Tel: _____ Fax: _____ Email: _____

IKD member? Yes/No. IKD Instructor Trainee? Yes/No Vegetarian? Yes/No

I plan to attend on the following (circle) days: June 12 / 13/ 14/ 15/16 Total _____ days.

I am registering as indicated below (please circle plan) with discount if applicable:

US and Canadian members' regular tuition:		International members:	
Plan 1:	5 days/4 nights \$455.		\$405.
Plan 2:	4 days/3 nights \$405.		\$365.
Early bird discounts:			
<ul style="list-style-type: none"> • Pre-register and pay for Plan 1 by April 30, receive \$30 discount. Thus, you pay <u>\$425.</u> International <u>\$375.</u> 			
<ul style="list-style-type: none"> • Pre-register and pay for Plan 2 by April 30, receive \$30 discount. Thus, you pay <u>\$375.</u> International <u>\$335.</u> 			
Additional member family discount:			
<ul style="list-style-type: none"> • Family of two or more, additional 10% off. 			

Non-training US and Canadian guests:		Non-training International guests:	
Plan 1:	5 days/4 nights \$365.		\$325.
Plan 2:	4 days/3 nights \$325.		\$295.
Early bird discounts:			
<ul style="list-style-type: none"> • Pre-register and pay for Plan 1 by April 30, receive \$30 discount. Thus, you pay <u>\$335</u> International <u>\$295</u> 			
<ul style="list-style-type: none"> • Pre-register and pay for Plan 2 by April 30, receive \$30 discount. Thus, you pay <u>\$295</u> International <u>\$265</u> 			

Camp Tuition: \$ _____
 Minus 10% discount, if applicable. \$ _____

Total Camp Tuition: \$ _____
Pillow, blanket, and bed linen rental (\$15): \$ _____
Transportation (\$60): \$ _____

Total amount enclosed: \$ _____

Please make a cheque or money order payable to OKC. Sorry no credit cards.

TRANSPORTATION REMINDER:

Once again, transportation from Pearson airport to camp and back is \$60. Please let us know by **April 30** if you need transportation and for how many people. Please send by email your arrival date, times, and number in your party. Please do not simply **“show up”** and expect a ride. Another option would be to rent a car from the airport and drive to camp.

PARTICIPANT'S MEDICAL QUESTIONNAIRE

To be completed by all adults and guardians of minors attending 2014 IKD World Camp.

Name: _____ Date of Birth: _____ Sex: _____ Rank: _____ Dojo: _____

Address: _____ City: _____ Province: _____ Postal Code: _____ Country: _____

Do you have a history of any of the following conditions? Please check either yes or no for each one. If you answer yes to any, please explain:

Yes	No	
___	___	Heart murmur
___	___	Hypertension
___	___	Recent infection
___	___	Bone fracture in the past six months
___	___	Concussion or severe head injury in the past six months
___	___	Seizures
___	___	Eye injury
___	___	Severe bone bruises requiring padding
___	___	Kidney injury
___	___	Allergy to medication (list all): _____
___	___	Are you currently taking any medications? If yes please specify _____
___	___	Other: _____

Date: _____

Signature of Participant (Parent or Guardian if under 18 years of age)

WAIVER/RELEASE AGREEMENT

‘EVENT’ means the 2014 IKD World Camp

I understand that there are risks and dangers inherent in martial arts training and in participating in and/or receiving instruction at the EVENT. I understand and agree that by signing this Waiver/Release, I am assuming full responsibility for any and all risk of personal or fatal injury or for property damage suffered by me while participating in and/or receiving instruction at the EVENT. I expressly acknowledge that my participation in the EVENT may subject me to personal or fatal injury and I assume any and all risks of that participation. I also understand that in order to be allowed to participate in and/or receive instruction at the EVENT, I must give up my rights to hold the Ontario Karate College and its affiliates, IKD Ontario, IKD Canada, IKD International, and Camp White Pine, and any and all other clubs, schools, instructors, members, judges, officials, representatives and all other participants (collectively the “Releasees”) liable for any injury or damage which I may suffer while participating in and/or receiving instruction at the EVENT.

I also understand and agree that by signing the Waiver/Release, I acknowledge that I am solely responsible for having or obtaining all insurance coverage which may be necessary or desirable in connection with my participation in and/or receipt of instruction at the EVENT and for any travel to and from the EVENT and in all lodging or any other activities which may be related directly, indirectly or incidentally to the foregoing. I further understand and agree that any fees or costs required for necessary or requested medical attention shall be my sole responsibility and that I shall not seek indemnification or contribution from any Releasee in connection therewith. I also understand that the Releasees shall not be responsible for any incidental, consequential or exemplary damages of any kind even if they are notified of the possibility of such in advance. I also understand and agree that any damage to any lodging sites or the EVENT site that I cause is my full responsibility. In no case are said damages the responsibility of any of the Releasees. I further understand and agree that as consideration for my participation in the EVENT, the Ontario Karate College and/or its designees shall have the right to use my name, image or likeness in the promotion of the EVENT or in any publication relating to the EVENT (or similar Events) and in any broadcast or rebroadcast transmission of the EVENT without any additional consideration to me for the use of my said name, image or likeness.

I understand and agree that this Waiver/Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation in and/or receipt of instruction at the EVENT.

Knowing this, and in consideration of being permitted to participate in and/or receive instruction at the EVENT, I hereby release and agree to indemnify employees from any and all liability or costs, including attorney fees, associated with or arising from my participation in and/or receipt of instruction at the EVENT. I further understand and agree that this Waiver/Release will be binding on me, my spouse, my heirs, my personal representative, my assigns, my children and any guarding ad item for said children.

I understand that if I am signing this Waiver/Release on behalf of my minor child, that I will be giving up the same rights for said minor as I would be giving up if I signed this document on my own behalf.

I acknowledge that I have read this Waiver/Release Agreement and that I understand the words and language in it.

Print Name: _____ Date: _____

Sign Name: _____ Witness: _____

THIS FORM IS FOR MINOR PARTICIPANTS AND MUST BE FILLED OUT BY PARENT OR LEGAL GUARDING. PLEASE PRINT CLEARLY. ALL INFORMATION MUST BE SUPPLIED.

EMERGENCY CONTACT AND MEDICAL INFORMATION:

Names of Parent/Legal Guardian: _____

Address: _____ City: _____ Province: _____ Postal Code: _____ Country: _____

Telephone: _____ (day) _____ (night) Child's Name: _____

Any recent or present condition or injury: _____

My Child is allergic to the following medications: _____

My child routinely takes the following medication: _____

Her/his last tetanus immunization was: _____

DAN and TECHNICAL EXAMINATION and REGISTRATION FEES

All examination fees are payable to OKC and all registration fees are payable to IKD.

Dan, instructor, examiner and judge examination and registration fees are as determined by provincial or country organizations and directors. These are to be submitted to them and they will in turn forward to OKC and IKD by June 2. No applications or fees will be accepted at Camp.

Dan examinations will be from first to seventh dan, while instructor, examiner and judge exams will be from D to A class. **Special dispensation** for instructors and temporary examiners without qualification who have contributed to their organization's growth above and beyond the call of duty, administratively and technically, will be considered for exemptions in the area of essay regulations. This has been the practice of one of our former affiliates. All exams will take place on Sunday evening. Examinees must attend the full Camp to be eligible to test.

In some cases, examinees with equivalent ability and qualification will be considered for IKD rank.

INSTRUCTOR, EXAMINER AND JUDGE EXAMS:

Examinees must meet all requirements of levels D, C, B, A. There will be both a final written and practical examination.

Examinees for Instructor and Examiner qualifications are required to perform their favourite kata as well as a secondary kata, and be prepared to answer bunkai questions on both kata.

Further, examinees for Examiner qualification must be prepared to answer questions pertaining to the main development points of random kyu and dan levels. For example, the main development point for the sixth kyu level is competency in arm and hip rotation or for shodan, mastery of the basic techniques and the ability to use them effectively.

A demonstration and understanding of gestures used to referee contests as well as correct terminology shall be required for Judge's qualification.

BOARD OF EXAMINERS:

For this camp, the board of examiners shall comprise of the chief instructor and two deputies.

IKD DAN REGISTRATION AND EXAMINATION RECORD

For purposes of clarity all information must be typewritten. Handwritten forms will be returned.

Name				PHOTO
Address				
		Zip		
Telephone		Email		
Registering for		Date of Exam (dd/mm/yy)		
Examiner			Instructor	
Instructor's Signature				
Dojo Name				
Region/Country				
Date of Birth (dd/mm/yy)		Sex (M/F)		Occupation
Last School or College			Degree	

	Date of Exam	Registration No.		Date of Exam	Registration No.
1 st Dan			5 th Dan		
2 nd Dan			6 th Dan		
3 rd Dan			7 th Dan		
4 th Dan			8 th Dan		

Please list my rank in the register of the IKD. I promise to uphold the honour and standards of IKD

Student's Signature

FOR EXAMINER'S USE ONLY

Part	Kihon – Arm	Major Kata Name	Major Kata	Major Kata Bunkai	Kumite – Attack
A					
Part	Kihon – Leg	Minor Kata Name	Minor Kata	Minor Kata Bunkai	Kumite – Defence
B					

Attendance: A B C	Pass: _____ Dan	Re-exam: _____ Mo./ _____ Yr.	No Pass:	Regular Recommended Honourary
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Authorized Examiner: _____ Exam Date: _____ Place: _____

IKD TECHNICAL REGISTRATION AND EXAMINATION RECORD

For purposes of clarity all information must be typewritten. Handwritten forms will be returned.

Name :			Photo
Address :		City :	
Province:	Postal Code:	Tel :	
Cell :	Email:		
Date of Birth:	Organisation :		
Country :	Gender: M / F	Occupation:	
Education :			Degree:
Dan Rank :	Reg. No :	Date Obtained :	
Present Technical License:	Instructor:	Examiner:	Judge:
Class :			
License Testing For :	A	A	A
	B	B	B
	C	C	C
	D	D	D

Please list my qualification in the register of the IKD. I promise to uphold the honour and standards of IKD

Signature:	Date:
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For Examiner's Use Only		
9 – 7 Kyu Course Completed: Yes / No	6 – 4 Kyu Course Completed: Yes / No	3 – 1 Kyu Course Completed Yes / No
Shodan Course Completed Yes / No	Nidan Course Completed: Yes / No	Sandan Course Completed: Yes / No
Instructor Written Exam Mark %	Examiner Written Exam Mark %	Judge Written Exam Mark %
Instructions:	Questions:	Kata:
Instructor Rank Awarded: A, B, C, D	Examiner Rank Awarded: A, B, C, D	Judge Rank Awarded: A, B, C, D

Authorized Examiner: _____ Exam Date: _____ Place: _____

2014 IKD Camp Cup

- No fee; only for campers.
- Must be brown and black belt rank.
- No mix gender teams.

Individual brown belt category:

M/F	12, 13, 14, 15	3, 2, 1 kyu	Shitei/Tokui	Jiyu kumite (no contact allowed)
M/F	16, 17, 18, 19	3, 2, 1 kyu	Shitei/Tokui	Jiyu kumite (no contact allowed)
M/F	Adults 20 +	3, 2, 1 kyu	Shitei/Tokui	Jiyu kumite (no contact allowed)

Individual black belt category

M/F	12, 13, 14, 15	Black belt	Shitei/Tokui	Jiyu kumite (no contact allowed)
M/F	16, 17, 18, 19	Black belt	Shitei/Tokui	Jiyu kumite (no contact allowed)
M/F	Adult 20 to 44	Black belt	Shitei /Tokui	Jiyu kumite (no contact allowed)
M/F	Master 45 +	Black belt	Shitei /Tokui	Jiyu kumite (no contact allowed)

All Elimination: Heian nidan to Tekki shodan flag system. Final four: Tokui kata point system

Individual Registration

IKD reserves the right to add, delete or modify categories in case of low registration in some events

Name: _____ Organization: _____

Please note, competitors cannot compete in two individual age divisions and no mix gender. Please circle, fill, and tick appropriate boxes.

Gender	Age	Kyu	Dan	Kata	Kumite
Male/Female	12, 13, 14, 15	_____	_____	_____	_____
Male/Female	16, 17, 18, 19	_____	_____	_____	_____
Male/Female	Adults 20 to 44	_____	_____	_____	_____
Male/Female	Masters 45 and above	_____	_____	_____	_____

Team Category

Teams shall be comprised of brown and black belts. However, no mixed gender teams allowed.

Male or Female

12 to 15 team kata
12 to 15 team kata bunkai
12 to 15 team enbu

16 to 19 team kata
16 to 19 team kata bunkai
16 to 19 team enbu

Adult 20 and older team kata
Adult 20 and older team kata bunkai
Adult 20 and older team enbu

Adult 20 and older team kumite

Camp Tournament Cup Technical Rules

Note: Subject to change by Chief Instructor or Shihan-kai

Standard Rules:

- All contestants must wear a clean, unmarked white karate gi.
- The gi must be IKD regulation gi with the length of the sleeves falling about midway between the elbow and the wrist. Gi sleeves shall not be rolled up on the outside.
- The pants length must fall about midway between the knee and the ankle.
- Forearm and/or shin guards, and sweat bands are not allowed.
- Jewellery or sharp objects in the hair are not allowed.

Team Kata Rules:

- As per IKD conventional rules.
- Three male or three female teams are free to choose any kata.

Team Kata Bunkai Rules:

- Three male or three female teams are free to choose any kata bunkai.
- All bunkai must adhere to the traditional kata, which must flow from movement to movement. For the defender, free stances between movements are not allowed.
- Slight deviations and in-between techniques are acceptable and are limited to about 10% of the kata movements.
- Only one person shall defend against the other two attackers throughout the bunkai (not like WKF rules).
- There shall be a slight pause whenever a todome waza (finishing blow technique) is executed.
- Bunkai is judged the same as team kata.
- May use 'stunt' weapons (rubber knife/club, bo, or shinai bamboo sword) but no real weapons
- No dangerous techniques or throws, comical movements, or "skit" theatrics

Team Enbu Rules:

- Each team member shall take turns defending against the other two attackers.
- There is no time limit, except enbu shall not be longer than the time it takes to perform team bunkai.
- One may evade attacks, but must follow through with a todome waza before confronting the other attacker.
- Members are free to use their own choreography and imagination in enbu, but must use the three elements of karate – correct application of power, speed of technique, and body expansion and contraction, as well as budo spirit (ki).
- Enbu is judged the same as team kata and bunkai.
- May use ‘stunt’ weapons (rubber knife/club, bo, or shinai bamboo swords) but no real weapons
- No dangerous techniques or throws, comical movements, or “skit” theatrics

Team Registration

IKD reserves the right to add, delete or modify categories in case of low registration in some events
(Teams may be made up of brown and black belts)

Name: _____ Organization: _____

Dojo/province/country: _____

Please type or print in capital (block) letters clearly, the following information:

Male: ____ Female: ____ Team kata: ____

Team name	Member name	Rank	Age
	1		
	2		
	3		
	Alternate:		

Team Registration

IKD reserves the right to add, delete or modify categories in case of low registration in some events
(Teams may be made up of brown and black belts)

Name: _____ Organization: _____

Dojo/province/country: _____

Please type or print in capital (block) letters clearly, the following information:

Male: _____ Female: _____ Team kata bunkai: _____

Team name	Member name	Rank	Age
	1		
	2		
	3		
	Alternate:		

Team Registration

IKD reserves the right to add, delete or modify categories in case of low registration in some events
(Teams may be made up of brown and black belts)

Name: _____ Organization: _____

Dojo/province/country: _____

Please type or print in capital (block) letters clearly, the following information:

Male: _____ Female: _____ Team enbu: _____

Team name	Member name	Rank	Age
	1		
	2		
	3		
	Alternate:		

Team Registration

IKD reserves the right to add, delete or modify categories in case of low registration in some events
(Teams may be made up of brown and black belts)

Name: _____ Organization: _____

Dojo/province/country: _____

Please type or print in capital (block) letters clearly, the following information:

Male: _____ Female: _____ Team kumite (adult black belt only): _____

Team name	Member name	Rank	Age
	1		
	2		
	3		
	Alternate:		

What to bring:

- At least 2 white gi(s)
- Casual clothes, towels and personal toiletries
- Running shoes
- Flashlight
- Money- the camp store will be selling karate related merchandise
- Linens, blankets (or sleeping bag) and pillow.
- If you are taking any kind of medication, be sure to bring an ample supply with you.

CAMP RULES:

- Complete camp rules will be distributed at registration. There are a few items below which deserve your special attention.
- The most senior person in each cabin is the designated cabin captain and is responsible for the conduct of the members of that cabin.
- Campers are expected to clean their cabins before leaving Camp.
- During meals, one designated person from each table shall collect the food from the kitchen and bring to the table.
- No one should find it necessary to wander beyond the perimeter of the campgrounds.
- Swimming is only allowed during allotted times and under the supervision of a licensed Camp White Pine lifeguard.

DIRECTIONS TO CAMP WHITE PINE FROM TORONTO:

- Highway 400 North to Highway 11.
- Hwy 11 to Hwy 118 east towards Haliburton. Continue on 118 past Carnarvon and West Guilford to Camp White Pine. Look for Camp White Pine Court on your right after you pass Camp Towee.

OR:

- Highway 404 north to Davis Drive.
- Davis Drive east (right) approximately 15 km to Hwy 48.
- Hwy 48 north (left) to Hwy 12.
- Hwy 12 north (left) for 12.5 km and reconnect with Hwy 48.
- Hwy 48 north (right) for 36 km to the end at Hwy 35. (do not turn north (left) on County Road 35).
- Hwy 35 north (left) for 49 km to Hwy 118.
- Hwy 118 east approximately 16.5 km. Camp White is on the right side.
- About **1 km** after you pass **Camp Towee**, look for the Green and White sign reading **(Camp White Pine Court)**. If you find yourself in town, you passed Camp White Pine.

EMERGENCY CONTACT NUMBERS:

Shuseki Shihan Frank Woon-A-Tai: 647-282-7570. Shihan Maureen Woon-A-Tai: 647-291-4867

PLEASE MAIL REGISTRATION TO:

OKC, 2225 Gerrard Street East, Toronto, Ontario. Canada. M4E 2C8

Time	Thursday, June 12	Friday, June 13, 2013	Saturday, June 14	Sunday, June 15	Monday, June 16
6:00am		Wake Up	Wake Up	Wake Up	Wake Up
6:30 - 7:30am		Training All Ranks (Big Tennis Court)	Training All Ranks (Big Tennis Court)	Training All Ranks (Big Tennis Court)	Training All Ranks (Big Tennis Court)
8:30 - 9:15am		Breakfast	Breakfast	Breakfast	Breakfast
10.30-12.00pm	Bus departs IKD HQ At 10:00am	All Ranks (A) Shuseki Shihan New Teaching Method 2	9 to 7 kyu class (D) 6 to 1 kyu class (C) shodan to nidan class (B) sandan and instructor class (A)	9 to 7 kyu class (D) 6 to 1 kyu class (C) shodan to nidan class (B) sandan and instructor class (A)	CHECK OUT
12.45-1.30 pm	Lunch not provided	Lunch	Lunch	Lunch	
1.30 pm	Check in at Camp Office				
1:30 - 4.30 pm	Free Time	Free Time/ Zumba (Fad) Swimming (3-4pm)	Free Time/ Zumba (Fad) Swimming (3-4pm)	Camp Tournament Cup (A)	
3.00 – 4.30pm		Shihan-kai meeting (A)	Shihan-kai class (A)		
5.00 - 7.00 pm	All Ranks (A) Shuseki Shihan New Teaching Method 1	All Ranks (A) Shuseki Shihan New Teaching Method 3	9 to 7 kyu class (D) 6 to 1 kyu class (C) shodan to nidan class (B) sandan and instructor class (A)	9 to 7 kyu class (D) 6 to 1 kyu class (C) shodan to nidan class (B) Instructor class/Examiner and Dan examination(A)	
7.30 - 8.15pm	Dinner	Dinner	Dinner	Dinner	
8.30-10.00pm	Lecture: B. Mattias “How to run a successful dojo” (A)	IKD AGM (A) Movie	Judge exams Instructor/Examiner/Judge written exams (A) Movie	Lecture: Dr. Shim “Prevention and treatment of karate injuries” (A)	
10.30 pm	Lights out	Lights Out	Lights Out	Lights Out	
Dojo designation: (A) Pinetages. (B) TV Rec. (C) KDR. (D) Fad or Gnu Rec				In case of rain, early morning classes shall be in respective dojos.	