

# GO-KAN-RYU KARATE-DO 2023 NEW SOUTH WALES BLACK BELT CAMP

Conducted by Kancho Robert Sullivan, Shihan Gavin Samin & Shihan Anthony Ryan

Join us for a rewarding weekend of specialized karate training that will cover an extensive range of principles including advanced kihon drills, kata technique and application, self defence, kumite strategy and combinations, and much more! Open to all GKR Karate instructors and any students brown belt or above (16 years plus).

## Friday 27th, Saturday 28th and Sunday 29th October 2023

#### Wollongong Surf Leisure Resort (WSLR) 201 Pioneer Rd, Fairy Meadow

Friday -	Check in at Wollongong Surf Leisure Resort from 6pm
Saturday -	Training at Wollongong Dojo (398 Keira St, Wollongong) 9.30am - 12.30pm 2.30pm - 5.30pm
Sunday -	Training at Wollongong Dojo (398 Keira St, Wollongong) 9.30am - 1.30pm

Lunch after training at the dojo on Sunday 2:30pm Camp finishes- return home

## Cost \$345pp

Includes all meals (Fri night supper, Sat & Sun breakfast & lunch + Sat dinner). All meals will be served at WSLR except for Sunday lunch. 10 hours karate training Sat & Sun. 2 nights share accommodation (Fri & Sat).

Note: Camp Cost without accommodation is \$95pp (Includes all karate training & Sun lunch)

#### **BLACK BELT CAMP TEE \$30**

Available in XSmall to 3XL Tee's must be ordered & paid for online by Sunday 01/10/23 and will be delivered to you at the camp.

Scan here to place your order. OR visit the address below... gkrkarateshop.com.au/product/ blackbeltcampteensw



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#### CAMP REGISTRATION AND PAYMENT ONLY

Name:	_ D.O.B.:/ / Mobile Number:
Email:	Dietary Requirements:
PAYMENT: CASH OR PLEASE CHARGE	MY CARD VISA MASTERCARD
Credit Card Number	Expiry Date CVV
Name on Card:	Signature: Amount: \$

Forms are to be completed and handed to your instructor for CAMP payment ONLY. Tee order and payment to be made online. Camp Registration closes SUNDAY 8 OCTOBER 2023.