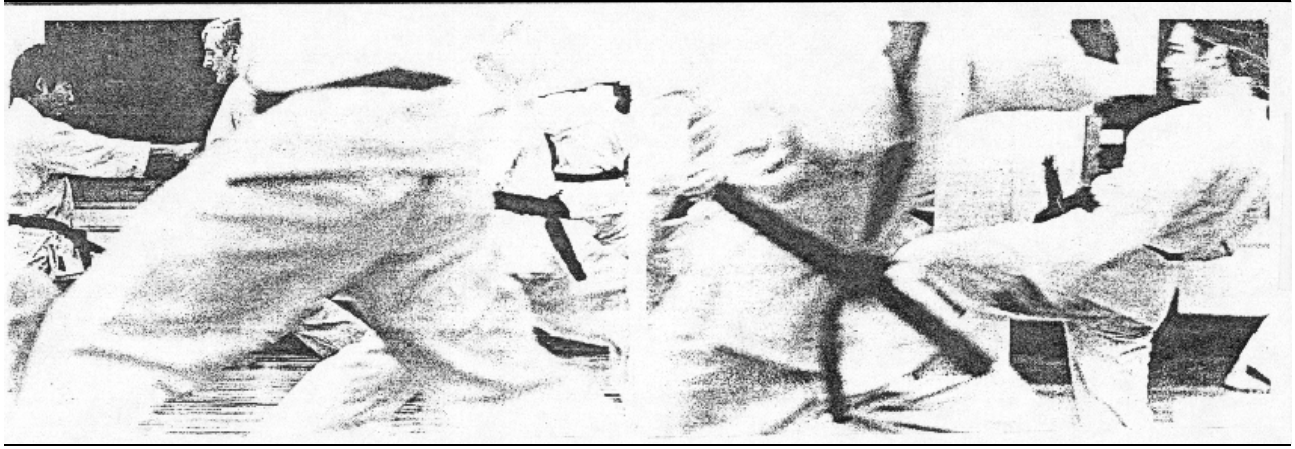


St. Edward's GOJU-RYU KARATE CLUB

2010 Gasshuku Training

February 25 - 28, 2010



Thursday, Feb. 25th, 5:30 - 8:00 pm
@ St. Edward's University Alumni Gym

Friday, Feb 26th, 6:00 - 8:30 pm
Saturday, Feb 27th, 9:00 am - 12:00 & 1:30 - 4:30 pm
Sunday, Feb. 28th, 9:00 - Noon
@ Luz de Blanco Retreat Center, Blanco, Texas (www.LuzdeBlanco.com)

Kata, Kumite, and Bo Training; Yoga; Makiwara Building

Guest Instructor: Vassie Naidoo, Renshi, 7th Dan,
Japan Karate Federation 7th Dan; President of JKF Goju Kai USA

For More Information:

www.KarateAustin.com

Or James Pounds, Sensei @ 512-589-4900

Number of Participants limited to 20. Register Today!



“Dedicated to Personal Excellence”

GASSHUKU COSTS:

*NOTE: All fees must be paid in full by Tuesday, February 23rd.

All Sessions, including lodging Friday and Saturday night: \$125.00

Meals @ Luz de Blanco (Fri. dinner, Sat. breakfast, lunch, dinner,
Sun. breakfast) \$30.00

Bring your own drinks and special snacks. We supply water, coffee, and teas. Meals will be simple, tasty, filling, and nutritional. We have two refrigerators if you pack in some of your special goodies.

There is a Super S Grocery that sells groceries, beer, and wine in Blanco (7 miles away) if you need or forget something.

Individual Training Sessions:

Thursday evening	\$25.00
Friday evening	\$25.00
Saturday	\$50.00
Sunday	\$25.00

Individual meals @ Luz de Blanco \$7.00

Makiwara materials fee: \$10.00

Sensei Pounds will hold a makiwara building session, in which you will make a basic makiwara post for your home. This is not a required activity.

Bring:

- your gi(s)
- your pillow
- sheets, and blanket (single bunks) or your sleeping bag
- toiletries and a bath towel
- running shoes for your morning runs
- water bottle
- ear plugs (if you're a light sleeper)
- a hoodie or jacket
- any special dietary foods
- vitamins and supplements
- a good attitude!

There is a washer and dryer for emergency laundry.

GASSHUKU SCHEDULE:

Thursday, February 25th

St. Edward's University Alumni Gym

5:00 pm doors open
5:30 - 8:30 Goju-Ryu basics, Sanchin, Fukyu Kata dai ichi & ni,
GekiSai dai ichi & ni.

Friday, February 26th

Luz de Blanco Retreat Center - Blanco, Texas

6:00 - 8:30 pm Goju Ryu basics, dojo kumite applications, Sanchin, Tensho
9:00 dinner & relaxation (bonfire or fireplace - depending on weather)
11:00 pm lights out

Saturday, February 27th

6:30 am awaken
6:45 - 7:15 morning run or walk (optional)
7:30 breakfast
8:30 - 9:00 yoga
9:00 - Noon Goju Ryu Basics, Sanchin, Saifa, Seiyunchin
Noon - 1:30 lunch
1:30 - 2:30 Bo Kata (green belts and higher only)
Short Forms (white belts)
2:45 - 5:00 Goju Ryu Basics, Tensho, Sanseiru, Shisochin
5:30 - 6:30 Makiwara building session (optional)
7:00 dinner
8:00- 11:00 relaxation, bonfire
11:00 pm lights out

Sunday, February 28th

6:30 am awaken
6:45 - 7:15 morning run or walk (optional)
7:30 breakfast
8:30 - 9:00 yoga
9:00 - 11:00 Goju Ryu Basics, Sanchin, Tensho, Goju Kumite Techniques Review
11:00 - Noon Bo kata (green belts & higher)
Fukyu Katas, Geki Sai Katas & Short form Review (white belts)
Noon - 1:00 lunch
1:00 - 1:30 pack it up
1:30 leave for Austin



St. Edward's GOJU-RYU KARATE CLUB 2010 Gasshuku Training

February 25 - 28, 2010

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Dojo Affiliation: _____ Belt Rank: _____

Day Phone: _____ Evening Phone: _____ Email: _____

Seminar Schedule & Fees:

Thursday, February 25, 2010 5:30pm – 8:00pm (St. Edward's Alumni Gym)

Friday, February 26, 2010 6:00pm – 8:30pm (Luz de Blanco Retreat Center- Fri, Sat, Sun)

Saturday, February 27, 2010 (All Day) Sunday, February 28, 2010 9:00am – 12 Noon

Please fill in all days / activities attending:

- Thursday Training \$25.00 \$ _____
- Friday Training \$25.00 \$ _____
- Saturday Training \$50.00 \$ _____
- Sunday Training \$25.00 \$ _____
- Makiwara Building Seminar \$10.00 \$ _____
- All Meals \$35.00 \$ _____
- Friday Dinner (\$7.00) \$ 7.00 \$ _____
- Saturday Meals (\$7.00 per meal – indicate meals below) \$ _____
 Breakfast Lunch Dinner
- Sunday Breakfast (7.00) \$ _____

TOTAL COST \$ _____

(After February 23, 2010 Cost is an additional \$25.00)

PLEASE MAKE CHECKS PAYABLE TO: Jim Pounds

Please indicate if you need a ride or can provide a ride:

- I am in need of a ride _____
- I can provide a ride (indicate # of passengers) _____

*In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors, assigns, and administrators, waive, release and discharge any and all rights and claims for damages which I may have, or which may hereafter accrue to me against, St. Edward's University, Jim Pounds, Goju-Ryu karate-Do Seiwakai, JKF Goju Ryu Association and other instructors, participants, sponsors and contributors, the persons or organizations affiliated with them, their representatives, successors, and assigns for any and all injuries arising from my participation in the St. Edward's Goju-Ryu Karate Club 2010 Gasshuku Training. I attest that I am physically fit and sufficiently trained for this event. I understand karate s a hazardous activity and I enter into this Release knowing there is potential for injury. Event is rain or shine. **No Refunds***

Signature (Parents if under 18 yrs)

Printed Name

Date