



Kyoshin Ryu Karate Academy

More than just Punching and Kicking, We Help You Grow

GASSHUKU

One-week Summer Camp

A **Gasshuka** (gah-shoe-cah) is a special martial arts training camp. At a Gasshuku a student comes to know himself or herself better while gaining greater mastery over his or her mind, body, and spirit, allowing the individual to advance in the martial arts at a faster pace. Plus, they are fun!

Some of the things we work on at Gasshuku include:

- ◆ All the Kata required to go to Brown belt
- ◆ Bunkai (kata application)
- ◆ Self Defense drills
- ◆ Kobudo weapons kata (nunchaku, bo)
- ◆ Kumite - Karate Sparring
- ◆ Basic Judo and Grappling
- ◆ Futari Geiko (two person drills)
- ◆ Beach training (we go to the Forest Lake beach)
- ◆ Outdoor training (We go to SouthWest Jr High ball field)
- ◆ Endurance training

Open to Everyone

Beginner - Intermediate - Advanced

Gasshuku Dates

July 17 - 21

The 5-day session meets Monday through Friday, from the hours of 9:00 AM to 3:00 PM
Tuition per 5-day session is \$225.00

These camps always fill fast!

Sign Up Today!

982-9395