



Live in Mount St. Joseph – 31st July – 2nd August 2015

Things to bring

- Drinks (only water is available.)
- Snacks for in between meals ie packets, biscuits etc
- Towels for personal use.
- The Karate gi (even 2)
- Karate Belt
- Club T-shirts to train in.
- Mitts, shin guards and mouth guard for kumite
- Some games.
- Shampoo, Soap, Tooth brush & Toothpaste
- Change of clothes, underwear etc
- Flip-flops

RULES

- No-one must leave the premises without the permission of the Sensei.
- Everyone is responsible for his own belongings. (leave things in the room).
- No parents are allowed to enter the training hall however they may visit in between sessions and during meal times.
- The Sensei will place you into groups and you are to remain together as a group.

Other INFO:

- Check in on Friday at 15.30.
- Sheets and a fan are available in the room.
- There is no shop on the premises.
- The training program is available at the club.
- Pick Up time is on Sunday at 14.00