

2018 KARATE SUMMER SCHOOL & KIDS CAMP

	am		pm	
Sunday			4.00 – 7.00	Allocation of accommodation
Monday	8.00 – 9.45			Training, short welcome and group photo
			11.30 – 1.00	Training & Group Photo
			3.00 – 4.00	Bo Class – Novices
			4.00 – 5.00	Bo Class – Experienced
			7.30	Social Evening
Tuesday	8.00 – 9.30			Training
	11.30	-	1.00	Training
			1.30 - 3.00	Dan Grading Class
			1.00 - 4.00	Kamae Sales Stall
			2.00 - 3.15	Instructor Qualification Class
			3.30 - 4.30	Bo Class – Novices
			4.30 - 5.30	Bo Class – Experienced
Wednesday	8.00 – 9.30			Training
	11.00 – 12.00			Lecture
			12.00 – 1.30	Training
			1.30 - 3.00	Dan Grading Class
Thursday	8.00 – 9.30			Training
	11.30	-	1.00	Training
			3.00 – 5.00	Superstars Competition
Friday	8.00 – 9.30			Training
	10.30	-	2.00 (approx)	Grading
	9.30	-	2.00	Kamae Sales Stall

Accommodation: is at Alexandra Park, Cartmel College, Lancaster University, Lancs LA1 4YW tel: 01524 592899. Rooms can be retained until 10 am on the Saturday. Rooms are available for the Saturdays before or after the course and need to be booked with the Organiser; there may be a small extra cost. Bed-linen is provided, but not towels or toiletries. A limited quantity of crockery, cutlery, cooking utensils will be available and it is requested that you bring these items with you where possible. There are standard electric sockets. Car parking is £5 per day (Saturday and Sunday are free) and passes can be purchased when booking in. Please check that your household insurance covers you for losses away from home. Shops and cafeteria facilities open throughout the week, but those attending on a self-catering basis are advised to bring provisions for Sunday and the Monday morning. There are local cafes and pubs that serve food and Lancaster is relatively close with a good selection of restaurants.

Training: is at the University Sports Hall, which is about a 15 minute walk from the accommodation. Some sports facilities, such as swimming, are free of charge to those staying on the campus. Those training only may go straight to the Sports Hall where changing facilities are available.

Daily visitors: are welcome to attend at a cost of £15 per session, which includes access to the Bo classes, lectures and Superstars Competition – there is no need to book.

Grading: candidates must bring a current KUGB licence and permission letter from their Club Instructor. Kyu grade candidates should bring their existing Kyu Grading Card - we supply one for first time candidates. Dan grade candidates need a passport-style photo. Those re-sitting Dan grades should bring their old form. Fees (extra to course fee): Kyus - £10 1st Dan - £70 2nd Dan - £80 1st Dan re-sit - £60 2nd Dan re-sit - £70

Instructor Qualification: A class will be arranged for KUGB Black Belts interested in obtaining an Instructor qualification. Those wishing to be assessed at the course must have their instructor's permission, have an Instructor's Portfolio and inform the Organiser in advance.

Location: The University is located between J33 of the M6 and Lancaster, and is about 3 miles from the rail and coach stations. There are bus services which pass or go into the University, and it will cost around £5/6 by taxi. A map of the campus can be viewed on: <http://www.lancaster.ac.uk/contact-and-getting-here/maps-and-travel/maps/>

We will outline the week's programme at the short meeting on the Monday morning and review the programme each day.

We look forward to seeing you there, and wish you a pleasant journey. Any enquiries to:
The Organiser, 20 Waterford Rd, Oxtou, Wirral CH43 6UU 0151 652 6062 or admin@kugb.org