



オントリオ空手大学

Ontario Karate College



2009 Shoto Camp

Camp White Pine, Haliburton
September 4 - 7

Chief Instructor:
Sensei Frank Woon-A-Tai, 8th Dan

Camp Instructors:
Sensei Maureen Woon-A-Tai, 7th Dan,

Keith DaCosta, 6th Dan, Charles Woon-A-Tai, 6th Dan, Josef Woon-A-Tai, 6th Dan

Assistant Instructors:
Bernice Hughes, 5th Dan, Jin Tan, 5th Dan, Malcolm Noble, 5th Dan,
Leonard Rupnarine, 5th Dan, Chris Troch, 5th Dan, Dr. Anthony Green, 5th Dan

Guest Instructors:
David Pyke, 6th Dan, New Brunswick, Janice Pyke, 5th Dan, PEI

国際松濤館空手連盟

Dear Instructors, Members and Friends:

I trust you are all well and training hard. Labour Day weekend is a great time for our Shoto Camp. Although school scheduling conflicts may arise this year for some, traditionally, it is the weekend before the start of the school year. It is also a great way to get back into training for all who took summer off. As well, it is a chance to spend time with your family, friends and karate colleagues at the end of summer karate camp. Most importantly, it is also a time to support your organization and its programmes. Shoto Camp welcomes all Shotokan karate-ka from beginners to instructors to train with us.

The last time we held our Camp was the year Princess Diana passed away. Thereafter, Bolton Camp was sold to a church group and was not available. Now, Camp is back by popular demand and our Camp Instructors, after 29 years in Ontario, and Canada have 'Come of Age' and will instruct and assist instructing you. This is a great break through for all of us and I hope I can count on your support, which is urgently needed. I want to say a very 'special thank you' to Instructors David and Janice Pyke who are coming from New Brunswick and Prince Edward Island to help us out. They are coming with their students.

It would be great to see as many instructors and students, if not all, from our dojos in: SSM, Echo Bay, Bruce Mines, Ottawa, Ridgeway, Hamilton, Windsor, Kitchener, Sutton, Bracebridge, Mississauga, Etobicoke/Scarborough, Rainbow Village/Lucy Maud, Fleming/Thomas L. Wells, Timberbank, and Toronto.

This year's camp will feature:

- Kenshusei credits for judges in kata and kumite contests.
- Shodan to sandan exams.
- D and C judge exams.
- Camp Tournament.
- Team training for the nationals in Alberta (Thanksgiving weekend).
- Special morning outdoor and water group training in Lake Placid.
- Special optional mid-morning kata classes taught by all instructors simultaneously, and in consecutive hour sessions for you to choose from. Thus, you will have the opportunity to learn the kata(s) and bunkai you do not know.
- Special kumite classes in the evenings.
- DVD evenings.

In closing, this camp will officially launch the beginning of the Ontario Karate College as a karate-education, instruction, and certification entity. Thank you for your support and I look forward to seeing you at Camp White Pine.

Best regards,

Sensei Frank Woon-A-Tai

The 2009 Ontario Karate College Shoto Camp is in session from Friday September 4, to Monday September 7 (Labour Day). For the purpose of calculating payment, each camp day begins at 2.00p.m and ends at 1:30pm the following day.

REGULAR TUTION:

Plan 1:	4 days/3 nights	\$339.
Plan 2:	3 days/2 nights	\$249.
Plan 3:	2 days/1 night	\$139.

PRE-REGISTER DISCOUNTS:

To help you be part of this exciting event, we are pleased to offer the following discounts:

- Pre-register and **pay for Plan 1 by July 24 and receive \$30 discount.** Thus, you pay \$309.
- Pre-register and **pay for Plan 2 by July 24 and receive \$20 discount.** Thus, you pay \$229.
- Pre-register and **pay for Plan 3 by July 24 and receive \$10 discount.** Thus, you pay \$129.

ADDITIONAL FAMILY DISCOUNTS:

- Family of two - 10% off.
- Family of three - 20% off.
- Family of four - 30% off.

Please make cheque or money order payable to Ontario Karate College.

REGULAR RESERVATIONS:

Regular reservation deadline is August 28, 2009.

CANCELLATIONS:

If you are unable to attend camp for any reason, a refund of your deposit is available minus a \$20.00 clerical fee.

No Refunds Will Be Given After August 28, 2009

FACILITIES:

Camp White Pine cabins are clean and bright. Facilities include five dojo spaces, mini golf, tennis, basketball and beach volleyball courts, boating lake, swimming and many other activities. The camp store offers camp T-shirts, and other karate related merchandise.

Room and board are included in tuition with three full meals daily. Vegetarian meals can be arranged, but you must request it as soon as possible. Students room in cabins with about 15 others or less. Separate washrooms and showers are located in outside buildings. You must provide your own pillows, blankets, bedding and your own soap, shampoo, etc.

For this year only, we are sharing the camp with a Spanish Church group, because they booked the camp before us. Their cabins are in a separate area and their activities will be held in the largest building - the Pinetages Theatre. However, we have five other training areas for karate.

KENSHUSEI CREDIT FEES:

The fees for the two credits at camp only, are \$25.00 each, or \$40.00 for both.

DAN EXAMINATION AND REGISTRATION FEES:

Dan Examination Fees are payable to Ontario Karate College and include a pre-exam class charge, GST and US exchange rate:

Shodan	C\$130
Nidan	C\$150
Sandan	C\$180

Dan Registration Fees are payable to Ontario Karate College and include a college administration charge, GST, and US exchange rate:

Shodan	C\$130
Nidan	C\$170
Sandan	C\$225

Dan, judge's practical and written exams, will take place on Sunday September 6th.

Those who wish to take any of these exams must pre-register by completing the registration form and sending it along with the exam fee **no later than August 28, 2009. No applications or fees will be accepted at the camp site.**

All examinees must be ISKF members with a valid Membership Card. A completed dan registration form along with two (2) photos must be sent with the exam fee. The dan registration form is included in this brochure. **The registration fee is payable if you are successful.** A mouthpiece and sparring gloves are required for all Dan Examinees.

JUDGE EXAMINATION AND REGISTRATION FEES:

Judge exam fee - \$50.00.

You are required to study the ISKF Tournament Rules and Regulations, Second Edition, which can be purchased at OKC HQ for \$20.00 (in colour) or you may download it **free** from the ISKF Website:

<http://www.iskf.com/images/ISKF%20Tournament%20Rules%20and%20Regulations%20Second%20Edition%20June%202009.pdf>

Judge registration fee - \$50.00.

All certified judges are required to obtain the ISKF Qualification Card, which is valid for three years. This card lists the individual's certification and is accepted as proof of such when the services are required in an official capacity during any ISKF event. The ISKF Qualification Card is mandatory and will be required in order to officiate and/or test for a higher level.

Each certification at the highest level achieved will be listed on the card. The fee only applies to the highest level obtained and is not required for each prior level. If a higher level of certification is obtained within the valid three-year period of the card, a replacement card reflecting the new rank will be issued with the original expiration date at no additional charge. Please note: this card is for those who have already tested and passed the judge's examination. New examinees should apply for this card only after certification has been obtained.

SHOTO CAMP TOURNAMENT:

- The fee to participate in the Shoto Camp tournament is \$10.00 for one or both events.
- It is open to adults - 18 years and older.
- Registration deadline is August 22 to facilitate the draws and medal order.
- Men and women will compete in individual kata and individual kumite in four divisions: Black belt, brown belt, green to purple belt and white to orange belt.
- Black belts – free kata (point system) and free sparring.
- Brown belts – same as above.
- Green and purple belts – free kata and semi-free sparring (jodan, chudan, mae-geri, kekomi with right attacks only. In case of a draw, left attacks only).
- White to orange belts – free kata and one step sparring (jodan and chudan. First with right attacks to the face and stomach, followed by left attacks, no kicks). One counter attack must be different from the other three.
- A mouthpiece and sparring gloves are mandatory for all participants.

Junior ranks may participate in the Ontario Thanksgiving Tournament on October 24 at Thomas L. Wells School in Scarborough.

TOURNAMENT REGISTRATION FORM:

Dojo: _____ Instructor: _____

Name: _____ Age: _____ Rank: _____ Tel: _____

Address: _____ City: _____ Province: _____

Email: _____

Please tick event and division

Gender	Kata	Kumite	9 to 7 Kyu	6 to 4 Kyu	3 to 1 Kyu	Black Belt
Male						
Female						

Registration Deadline Saturday, August 22

CAMP REGISTRATION FORM

Name: _____ Birthdate: _____ Sex: _____ Rank: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

Region: _____ Country: _____

Dojo: _____ Tel: _____ Fax: _____ Email: _____

ISKF member? Yes/No.

ISKF Instructor Trainee? Yes/No

Vegetarian? Yes/No

I plan to attend on the following circled days: September 4 5 6 7 Total _____ days.

I am registering as indicated below (please circle plan) with discount if applicable:

(A) PRE-REGISTER DISCOUNTS by July 24:

- Pre-register and **pay for Plan 1 by July 24 and receive \$30 discount.** You pay \$309.
- Pre-register and **pay for Plan 2 by July 24 and receive \$20 discount.** You pay \$229.
- Pre-register and **pay for Plan 3 by July 24 and receive \$10 discount.** You pay \$129.

(B) REGULAR TUTION after July 24:

- Plan 1: 4 days/3 nights \$339.
- Plan 2: 3 days/2 nights \$249.
- Plan 3: 2 days/1 night \$139.

(C) ADDITIONAL FAMILY DISCOUNTS:

- Family of two - 10% off.
- Family of three - 20% off.
- Family of four - 30% off.

Camp Tuition: \$ _____

Minus () % discount, if applicable. \$ _____

Total Camp Tuition: \$ _____

Kenshusei Credit(s) \$25 or \$40 \$ _____

Shodan Exam \$130 \$ _____

Shodan Registration \$130 (if successful) \$ _____

Nidan Exam \$150 \$ _____

Nidan Registration \$170 (if successful) \$ _____

Sandan Exam (\$180) \$ _____

Sandan Registration \$225 (if successful) \$ _____

Judge Exam \$50 \$ _____

Judge Registration \$50 (if successful) \$ _____

Tournament Kata and/or Kumite \$10 \$ _____

Total amount enclosed: \$ _____

Please make a cheque or money order payable to Ontario Karate College.

PARTICIPANT'S MEDICAL QUESTIONNAIRE

To be completed by all adults and guardians of minors attending 2009 Ontario Karate College Shoto Camp.

Name: _____ Date of Birth: _____ Sex: _____ Rank: _____ Dojo: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

Do you have a history of any of the following conditions? Please check either yes or no for each one. If you answer yes to any, please explain:

Yes	No	
___	___	Heart murmur
___	___	Hypertension
___	___	Recent infection
___	___	Bone fracture in the past six months
___	___	Concussion or severe head injury in the past six months
___	___	Seizures
___	___	Eye injury
___	___	Severe bone bruises requiring padding
___	___	Kidney injury
___	___	Allergy to medication (list all): _____
___	___	Are you currently taking any medications? If yes please specify _____
___	___	Other: _____

_____ Date: _____
Signature of Participant (Parent or Guardian if under 18 years of age)

WAIVER/RELEASE AGREEMENT

'EVENT' means the 2009 Ontario Karate College Shoto Camp and Shoto Camp Tournament

I understand that there are risks and dangers inherent in martial arts training and in participating in and/or receiving instruction at the EVENT. I understand and agree that by signing this Waiver/Release. I am assuming full responsibility for any and all risk of personal injury or death or for property damage suffered by me while participating in and/or receiving instruction at the EVENT. I expressly acknowledge that my participation in the EVENT may subject me to personal injury or bodily harm and I assume any and all risks of that participation. I also understand that in order to be allowed to participate in and/or receive instruction at the EVENT, I must give up my rights to hold the Ontario Karate College and its affiliates, ISKF Ontario, ISKF Canada, ISKF, Camp White Pine, and any and all other clubs, schools, instructors, members, judges, officials, representatives and all other participants (collectively the "Releasees") liable for any injury or damage which I may suffer while participating in and/or receiving instruction at the EVENT.

I also understand and agree that by signing the Waiver/Release, I acknowledge that I am solely responsible for having or obtaining all insurance coverage which may be necessary or desirable in connection with my participation in and/or receipt of instruction at the EVENT and for any travel to and from the EVENT and in all lodging or any other activities which may be related directly, indirectly or incidentally to the foregoing. I further understand and agree that any fees or costs required for necessary or requested medical attention shall be my sole responsibility and that I shall not seek indemnification or contribution from any Releasee in connection therewith. I also understand that the Releasees shall not be responsible for any incidental, consequential or exemplary damages of any kind even if they are notified of the possibility of such in advance. I also understand and agree that any damage to any lodging sites or the tournament site that I cause is my full responsibility. IN no case are said damages the responsibility of any of the Releasees. I further understand and agree that as consideration for my participation in the EVENT, the Ontario Karate College and/or its designees shall have the right to use my name, image or likeness in the promotion of the EVENT or in any publication relating to the EVENT (or similar Events) and in any broadcast or rebroadcast transmission of the EVENT without any additional consideration to me for the use of my said name, image or likeness.

I understand and agree that this Waiver/Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation in and/or receipt of instruction at the EVENT.

Knowing this, and in consideration of being permitted to participate in and/or receive instruction at the EVENT, I hereby release and agree to indemnify employees from any and all liability or costs, including attorney fees, associated with or arising from my participation in and/or receipt of instruction at the EVENT. I further understand and agree that this Waiver/Release will be binding on me, my spouse, my heirs, my personal representative, my assigns, my children and any guarding ad item for said children.

I understand that if I am signing this Waiver/Release on behalf of my minor child, that I will be giving up the same rights for said minor as I would be giving up if I signed this document on my own behalf.

I acknowledge that I have read this Waiver/Release Agreement and that I understand the words and language in it.

Print Name: _____ Date: _____

Sign Name: _____ Witness: _____

THIS FORM IS FOR MINOR PARTICIPANTS AND MUST BE FILLED OUT BY PARENT OR LEGAL GUARDING. PLEASE PRING CLEARLY. ALL INFORMATION MUST BE SUPPLIED.

EMERGENCY CONTACT AND MEDICAL INFORMATON:

Names of Parent/Legal Guardian: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

Telephone: _____ (day) _____ (night) Child's Name: _____

Any recent or present condition or injury: _____

My Child is allergic to the following medications: _____

My child routinely takes the following medication: _____

Her/his last tetanus immunization was: _____

REQUEST FOR DAN REGISTRATION

For purposes of clarity all information must be typewritten. Handwritten forms will be returned.

Name	<input style="width: 95%;" type="text"/>	PHOTO
Address	<input style="width: 95%;" type="text"/> <input style="width: 95%;" type="text"/>	
Telephone	<input style="width: 95%;" type="text"/>	
Registering for	<input style="width: 15%;" type="text"/>	Date of Examination <input style="width: 15%;" type="text"/>
Examiner	<input style="width: 25%;" type="text"/>	Instructor <input style="width: 60%;" type="text"/>
Dojo/Club Name	<input style="width: 95%;" type="text"/>	
Region/Country	<input style="width: 95%; border: 1px solid black; text-align: center; padding: 2px;"/> Ontario, Canada	

PERSONAL INFORMATION

Date of Birth (dd/mm/yyyy)	<input style="width: 95%;" type="text"/>	Sex (M/F)	<input style="width: 95%;" type="text"/>	Height	<input style="width: 95%;" type="text"/>	Weight	<input style="width: 95%;" type="text"/>
Occupation	<input style="width: 95%;" type="text"/>						
Last School or College	<input style="width: 60%;" type="text"/>			Degree	<input style="width: 20%;" type="text"/>		

KARATE HISTORY

When did you begin karate practice?	Year	<input style="width: 95%;" type="text"/>	Month	<input style="width: 95%; border: 1px solid black; text-align: center; padding: 2px;"/> Jan
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Previous Dan Registrations:

	Date of Exam	Registration No.		Date of Exam	Registration No.
1 st Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	5 th Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>
2 nd Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	6 th Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>
3 rd Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	7 th Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>
4 th Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	8 th Dan	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>

I REQUEST THAT MY RANK BE LISTED IN THE REGISTER OF THE INTERNATIONAL SHOTOKAN KARATE FEDERATION, I PROMISE TO UPHOLD THE STANDARDS AND HONOR OF THE ISKF.

Student's Signature	<input style="width: 95%;" type="text"/>
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FOR EXAMINER'S USE ONLY

Rank Awarded	<input style="width: 95%;" type="text"/>	Examiner's Signature	<input style="width: 95%;" type="text"/>
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Promotion by:(circle one) EXAMINATION RECOMMENDATION HONORARY

Remarks:

INTERNATIONAL SHOTOKAN KARATE FEDERATION AND ISKF INSTRUCTOR TRAINING INSTITUTE

RECORD OF QUALIFICATION INSTRUCTOR/EXAMINER/JUDGE

Please type or print clearly.

Name

Address

Telephone Fax Email

Dojo/Club Name

Region/Country

Date of Birth (dd/mm/yyyy) Gender M F Present Rank (dan)

Judge Qualifications

	Date of Exam	Registration Number
D	<input type="text"/>	<input type="text"/>
C	<input type="text"/>	<input type="text"/>
B	<input type="text"/>	<input type="text"/>

Instructor Qualifications

	Date of Exam	Registration Number
D	<input type="text"/>	<input type="text"/>
C	<input type="text"/>	<input type="text"/>
B	<input type="text"/>	<input type="text"/>

Examiners Qualifications

	Date of Exam	Registration Number
D	<input type="text"/>	<input type="text"/>
C	<input type="text"/>	<input type="text"/>
B	<input type="text"/>	<input type="text"/>

I PROMISE THAT THE ABOVE INFORMATION IS COMPLETE AND ACCURATE AND I WILL CONTINUE TO UPHOLD THE STANDARDS AND HONOR OF THE ISKF.

Student's Signature

Date

WHAT TO BRING:

- At least 3 white gi(s); 1 for water training.
- Casual clothes, towels and personal toiletries
- Running shoes
- Flashlight
- Money- the camp store will be selling karate related merchandise
- Linens, blankets (or sleeping bag) and pillow.
- If you are taking any kind of medication, be sure to bring an ample supply with you.

CAMP RULES:

- Complete camp rules will be distributed at registration. There are a few items below which deserve your special attention.
- The most senior person in each cabin is the designated cabin captain and is responsible for the conduct of the members of that cabin.
- Campers are expected to clean their cabins before leaving Camp.
- During meals, one designated person from each table shall collect the food from the kitchen and bring to the table.
- No one should find it necessary to wander beyond the perimeter of the campgrounds.

DIRECTIONS TO CAMP WHITE PINE FROM TORONTO:

- Highway 400 North to Highway 11.
- Hwy 11 to Hwy 118 east towards Haliburton. Continue on 118 past Carnarvon and West Guilford to Camp White Pine. Look for Camp White Pine Court on your right after you pass Camp Towee.

OR:

- Highway 404 north to Davis Drive.
- Davis Drive east (right) approximately 15 km to Hwy 48.
- Hwy 48 north (left) to Hwy 12.
- Hwy 12 north (left) for 12.5 km and reconnect with Hwy 48.
- Hwy 48 north (right) for 36 km to the end at Hwy 35. (do not turn north (left) on County Road 35).
- Hwy 35 north (left) for 49 km to Hwy 118.
- Hwy 118 east approximately 16.5 km. Camp White is on the right side.
- About **1 km** after you pass **Camp Towee**, look for the Green and White sign reading **(Camp White Pine Court)**. If you find yourself in town, you passed Camp White Pine.

EMERGENCY CONTACT NUMBER:

Sensei Frank Woon-A-Tai: 647-282-7570.

Sensei Maureen Woon-A-Tai: 647-291-4867.

These numbers are to be used for emergencies ONLY.

Daily Schedule

Wake up at 6:00am. Lights out at 10:00pm

Please note: This preferred schedule may be modified if the church group has a different meal schedule. It would be practical for the kitchen staff to prepare the meals of both groups at the same time.

6:00am Wake Up	6:30am 7:30am	8:00am 9:00am	10:00am 11:00am	11:00am 12:00pm	12:30pm 1:30pm	3:00pm 4:30pm	4:30pm 6:00pm	7:00pm 8:00pm	8:30pm 10:00pm
Friday Sep. 4						Arrival: 1:30pm Go to the Camp Office to register. Follow the sign.	Budo kan: Kenshusei No. 29 Judging Kata Contest Tekki 2 and 3 Self Defence Classes in 4 dojos	Dinner	DVD: Karate-do Part 1 &2 DVD: All kata on the schedule for Saturday and Sunday
Saturday Sep. 5	Run, Outdoor Kihon and Water Training	Breakfast	Choose any Optional Class: Heian 1 and 2 Tekki Nidan Jutte Bassai Dai Bassai Sho Jiin	Choose any Optional Class: Heian 4 and 5 Tekki Sandan Hangetsu Kanku Dai Kanku Sho Wankan	Lunch	Budo kan: Kenshusei No. 30 Judging Kumite Contest	Team and Kumite training in 5 dojos	Dinner	Movie: Kuro-obi
Sunday Sep. 6	Run, Outdoor Kihon and Water Training	Breakfast	Choose any Optional Class: Heian 3 and 4 Enpi Jion Unsu Nijushiho Gojushiho Dai	Choose any Optional Class: Tekki Shodan Gankaku Chintei Sochin Meikyo Gojushiho Sho	Lunch	Dan Exam: Shodan Nidan Sandan	Judges' Practical Exam: D Kyu C Kyu Team and Kumite training in 4 dojos	Dinner	Judges' Written Exam DVD: World Cup Kumite
Monday Sep. 7	Outdoor Self Defence weapons	Breakfast	Shoto Camp Tournament	Shoto Camp Tournament	Lunch	Departure after Lunch			