

Traditional Karate Training Weekend

Kumite Shiai and Kata Seminar Featuring

Dr. Clay Morton



4x USANKF National Champion
2006 SKIF Kata World Champion
2003 Pan American Games Silver Medalist

March 6th & 7th, 2010
Bushi Karate Dojo
4304 Bethlehem Pike
Telford, PA 18969

For information contact Sensei Adam Older at
sensei_older@yahoo.com or (215) 565-6827



Information Sheet

What: Training weekend for traditional and sport karate practitioners featuring classes by World Shotokan Champion Clay Morton and a kumite shiai featuring several past and present national champions.

When: March 6th and 7th, 2010 – Registration opens 1 hour before first session.

Where: Bushi Karate Dojo – 4304 Bethlehem Pk. Telford, PA 18969

Hotel Accommodations: Comfort Inn – Montgomeryville, PA (215) 361-3600
Mention “Karate Training Weekend” - \$89/night until 2/10/10

Schedule of Events

Saturday March 6, 2010 - \$20/session or \$50 for the day

Session 1 – 12:00pm: Age 13 and under – kihon, kata, making kata training fun

Session 2 – 1:10pm: Advanced kihon training

Session 3 – 2:20pm: Shodan-level kata training

Session 4 – 3:30pm: Advanced kata training

Session 5 – 4:40pm: Competition-level kata training

All sessions are 60min in length with a 10min break between sessions

Sunday March 7, 2010 - \$50 for the day

10:00am-12:30pm:

Competition Kata Training - Kata Timing, Kata selection strategy, bracket reading, performance presentation, how and when to warm up properly

12:30-1:00pm: Lunch

1:00pm-4:00pm – Kumite Shiai (modified WKF rules)

*Note – During the shiai Sensei Morton will be holding private lessons in our auxiliary training area. The cost of these sessions is \$100/hr. and there may be up to 4 people at each session. Contact Sensei Older for reservations.

-What is a Shiai: A shiai is a training event that pre-dates the modern tournament. Students from different dojos compete against one another for the purpose of learning from their mistakes. Matches are held, points are scored, and winners are declared as in a tournament. However after a match each competitor may continue to fight regardless of the outcome. Athletes may compete against people of all ages and ranks to test themselves against a wide range of opponents. Children may fight adults; beginners may fight intermediate and advanced belts. In a typical tournament a competitor may fight 3 or 4 times if they win all of their matches; in a shiai they may fight 10 or more times regardless of whether they win or lose.

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Traditional Karate Training Weekend

March 6th & 7th 2010 – Bushi Karate Dojo Telford, PA

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Birth date: _____ Division(Nov, Beg, etc.) _____

Phone: _____ E-mail _____

Instructor's Name _____ Yrs Training: _____ Karate Rank: _____

Saturday Sessions (Please Circle) 1 2 3 4 5 Day
\$20 \$20 \$20 \$20 \$20 \$50

Sunday Sessions Day
\$50

Total Fees Due _____
(Make checks payable to Adam Older)

Adult & Minor Amateur Athletic Waiver and Release of Liability:

I, the undersigned do hereby volunteer my application for the attendance and participation in the Traditional Karate Training Weekend at Bushi Karate Dojo on March 6th & 7th, 2010 and do hereby assume full responsibility for all injuries, damages or losses that I or my child may sustain or incur, if any, while attending/participating. The undersigned agrees to defend, indemnify, and hold harmless Adam Older and Bushi Karate its officers, managers, members, employees, agents and coaches/instructors and their successors and assigns from and against all legal liability, claims, suits, damages, losses, and expenses, including attorney fees, threatened or incurred, and arising from participation, or from any cause whatsoever. I fully realize that participation in traditional karate can be dangerous and could result in serious injury or possibly death and freely assume that risk. In the event of an emergency, I give permission for Bushi Karate to give myself or my child first aid and to arrange for transportation to a hospital and to receive emergency medical treatment. I will assume all costs for medical care and transportation. Please list below any current or previous accidents, illnesses, or physical limitations that could impact, stop, or prevent you or your child from participating in the Traditional Karate Training Weekend.

The above-named participant is physically able to participate in the Traditional Karate Training Weekend without limitations (except as described above). I release permission for use of my or my child's picture for promotional material including brochures, advertisements, or bushibudokan.com website. Names are not used in any promotional material.

Signature: _____ Date: _____

Parent/Guardian (if participant is under 18): _____