



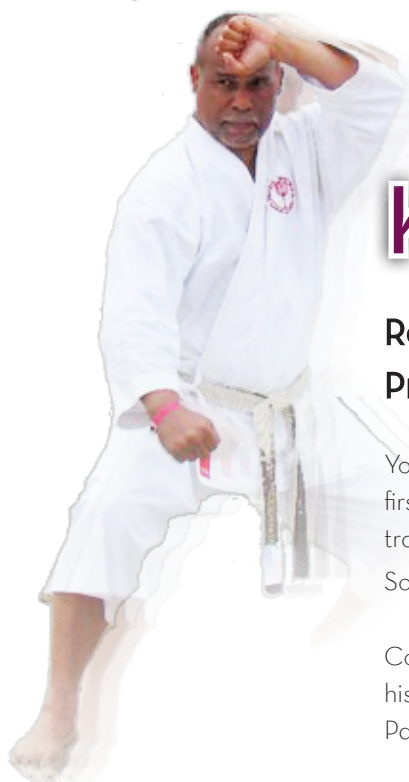
THE INTERNATIONAL SAN TEN KARATE ASSOCIATION
presents the

PANAMA

MAY 1-3, 2017

KARATE CAMP

ROYAL DECAMERON BEACH RESORT & CASINO
PLAYA BLANCA BEACH, RIO HATO, FARALLÓN, PANAMA



You are invited to join us for the **2017 ISKA Panama Karate Camp, May 1-3, 2017!** This will be the first Panama camp since 2011, so certainly not to miss! This promises to be an exciting international training opportunity and we hope to draw many participants from the East Coast, Caribbean, and South America. It will be a great reunion!

Come for the expert karate instruction, the weather and beautiful beaches, and learn about Karate history in Panama; Stay for the culture, the hospitality of the Panamanian people, and history of the Panama Canal and other sites of interest.

This special 3-day training event will be held at the **Royal Decameron Beach Resort & Casino**, an all-inclusive resort that is directly on the beach on the Pacific Coast side of Panama, about 2 hours from Panama City.

RECOMMENDED ITINERARY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|--|
| | | | | 4/27 <i>Optional Arrival</i> | 4/28 <i>Optional Arrival</i> | 4/29 <i>Optional Arrival PTY Bus to Decameron</i> |
| 4/30 <i>Optional Arrival PTY Bus to Decameron</i> | 5/1 Karate Camp 6am - 12:30pm <i>Afternoon- enjoy!</i> | 5/2 Karate Camp 6am - 12:30pm <i>Afternoon- enjoy!</i> | 5/3 Karate Camp 6am - 12:30pm <i>Afternoon- enjoy!</i> | 5/4 Transfer to Panama City Hotel <i>Sightsee in the city</i> | 5/5 <i>Sightsee in or around Panama City</i> | 5/6 <i>Sightsee in or around Panama City</i> |
| 5/7 <i>Depart from PTY</i> | 5/8 <i>Optional Stay</i> | 5/9 <i>Optional Stay</i> | 5/10 <i>Optional Stay</i> | 5/11 <i>Optional Stay</i> | 5/12 <i>Optional Stay</i> | 5/13 <i>Optional Stay</i> |

CAMP TRAINING SCHEDULE

PANAMÁ CAMP TRAINING SCHEDULE

- 6am - Sunrise Training
 - 7am - Breakfast
 - 9am-12:30pm - Training in Conference Rooms
- Afternoons free to socialize and sightsee!
(Including swimming, horseback riding, sailing, snorkeling, children's shows, and dance classes!)

Points of Interest to Visit in Panama

The Panama Canal - Miraflores Locks Visitor Center
Panama City Restaurants, Nighlife, Music, Museums
Old Town/Casco Antiguo
Albrook Mall/Many other shopping centers
Gamboa Resort (Rainforest area)/Volcano Areas
Fishing Charters/Boat Tours/Water Sports
...and much, much more... check our website

2017 ISKA PANAMA CAMP REGISTRATION FEES

Registration Fees are for Karate Instruction Only.
Transportation and Hotel Accommodations are NOT included.

| Registration Options | Fee |
|-----------------------------|--------|
| 3-Day Seminar | \$ 350 |
| Per Day | \$ 175 |
| Late Registration Fee | \$ 50 |

Pre-registration is requested by March 1, 2017

Registration for Panama Camp is available online at
www.santenkarate.com - or -

Mail a check and registration form to:

ISKA c/o the Shotokan Karate Academy
949 Grant Street, Suite B
Benicia, CA 94510

Please register before March 31st.

A late fee of \$50 will apply after March 31st.

ABOUT THE ROYAL DECAMERON BEACH RESORT & CASINO

ADDRESS: IS AVENIDA PRINCIPAL FARALLÓN, KM. 115, CARRETERA INTERAMERICANA, FARALLÓN, RIO HATO, PANAMA. PHONE +507 992 225

IT IS ABOUT A 2 HOUR DRIVE FROM THE AIRPORT IN PANAMA CITY.

The resort is All-Inclusive; all meals and beverages are included. Ground transportation to and from the Airport or other hotels will need to be arranged. The resort features many amenities, beautiful sparkling beaches and pools and 852 rooms.

MAKING RESERVATIONS

Attendees will need to make reservations on their own. **Expedia** and **Travelocity** appear to have the most competitive pricing with savings on Hotel + Flight Packages. Average price over the last 30 days appears to be range from \$190-\$275/double occupancy per night. When making reservation, we are NOT recommending staying in the Villas, as they are much further away from the main hotel area.

Total cost will be dependent on how many nights one chooses to stay, single vs. double occupancy rates, and the type/time of flight.

FLIGHTS

If making hotel and flight reservations separately (not through a bundle), **Copa Airlines** has direct flights from major cities, including San Francisco. Prices range from \$360-\$700 on average.

Expedia Hotel + Flight Bundle prices are competitive and are a good option.

RECOMMENDED TRAVEL DATES AND LODGING

Since the ISKA Panama Camp begins on Monday, May 1st, we are recommending that attendees plan to arrive at the Decameron resort on the preceding Saturday or Sunday (April 29th or 30th) to get acclimated before training begins. We recommend staying at the **Decameron from Apr. 29th - May 4th**, then either continuing your stay there to see sites around that area or move to a hotel in Panama City in order to take advantage of some of the sites listed below.

PANAMA CITY HOTEL ACCOMMODATIONS - RECOMMENDATIONS

There are many wonderful hotels in Panama City to choose from. Hanshi Llewelyn has already planned to stay at the **Country Inn Suites (Panama Canal)** after May 4th. Prices are ranging from \$80-120 per night. 24 hour Shuttle service to the airport is available through this property.

CONTACT US FOR MORE INFORMATION

| ISKA Contact Info | Phone Number | Email |
|------------------------------|----------------|------------------------|
| Hanshi Rick Llewelyn | (510) 599-0581 | rickllew@aol.com |
| Laura Lorenz, ISKA Secretary | (510) 755-1955 | santenkarate@gmail.com |



ISKA

INTERNATIONAL SAN TEN KARATE ASSOCIATION

国際三天空手協会

949 Grant St., Suite B, Benicia, CA 94510 (707) 745-1275
santenkarate@gmail.com

2017 ISKA PANAMA KARATE CAMP REGISTRATION & WAIVER OF LIABILITY

May 1-3rd, 2017 at the Decameron Beach Resort, Hotel, & Casino, Rio Hato, Farrallón, Panama

I do hereby voluntarily register for attendance and participation in the ISKA Panama Karate Camp, May 1-3rd, 2017. I do hereby assume full liability for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating. I do hereby waive all claims against the promoters, operators, sponsors and officials of the International San Ten Karate Association or the Shotokan Karate Academy for any injuries that I may sustain. I fully understand that any medical treatment given me will be of first-aid type only.

Media Release: I consent to the use of images, videos, and recordings of me (or my child) to be used in print, video, digital, or Internet media.

If under 18, this release form must be signed by a parent or guardian.

Please print legibly!

Participant Information:

First Name: _____ Middle Initial: _____ Last Name: _____

Street Address: _____ City: _____

State: _____ Country (If not USA): _____ Zipcode: _____

Email: _____ Phone Number: _____

Current School: _____

Emergency Contact:

Name: _____ Relationship: _____

Phone: _____ Email: _____

Participant Signature:

Date:

REGISTRATION TYPE

3 Day Seminar (\$350)

Single Day Attendance (\$175)

Late Registration Fee (\$50) (after 3/31)

PAYMENT METHOD

Cash

Check (No: _____)

Online (Order No. _____)

MAIL REGISTRATION FORM TO:

ISKA, c/o the Shotokan Karate Academy
949 Grant Street, Suite B, Benicia, CA 94510

OR EMAIL TO:

Laura Lorenz, ISKA Secretary
at santenkarate@gmail.com

WWW.SANTENKARATE.COM