

# 29th ANNUAL ISKA SIERRA CAMP

AUGUST 11th-13th, 2017

at the Jack L. Boyd Outdoor School, Camp Green Meadows, in Fish Camp, CA  
(about 5 minutes from the entrance to Yosemite National Park)

*2017 Sierra Camp Training Topics will include:*

**Traditional Kata Instruction:** Traditional katas appropriate to beginners, black belts, and senior instructors.

**Historical Kata Application:** Historical jujutsu and self-defense applications of karate.

**Kumite Skills:** Kumite strategies for black belts and beginners with world renowned Sensei.

**Kobudo Kata:** by ISKA Sensei (may include Bo, Nunchaku, Sai)

**Basic Principles of Body Dynamic:** Generating power using contraction/expansion, Tai Sabaki, body alignment, principles of power...

**Black Belt Testing:** The Sierra Camp provides Black Belt Grading. Testing begins the moment you arrive and continues through the weekend.

*And many more activities...*



WWW.SANTENKARATE.COM

### *Sierra Camp Registration*

Full Weekend Participant	<b>\$275</b>
Full Weekend Participant (Each Additional Family Member)	<b>\$175</b>
Saturday Only Participant	<b>\$175</b>
Saturday Only Participant (Each Additional Family Member)	<b>\$125</b>
Full Weekend Guest	<b>\$175</b>
2017 Sierra Camp T-Shirt	<b>\$25</b>

### *The Ultimate Karate Experience*

Participants will enjoy commraderie with other karateka, learn new techniques and kata, improve body dynamic, improve strength and coordination, and expand their martial arts network.

The ISKA Sierra Camp was founded by Hanshi Vincent Cruz with the intent to bring like minded students together in an intensive training environment.

### *Details*

Your camp fee includes bunkhouse accomodations, hot showers, and meals for the duration of the camp. For those who require more privacy, Fish Camp offers many lodging options, some within walking distance of the training hall. Make reservations early as many venues fill up due to the proximity to Yosemite National Park.

Between training sessions, ISKA Participants can enjoy the camp's tall trees, green lawns, burbling brook (there will be water this year, maybe even snow!) hiking trails, horseshoe pits, basketball court, volleyball/badmiton court, camp-fire meetings, and restored Miwok village.

Registration for the 2017 ISKA Sierra Camp is available online at [www.santenkarate.com](http://www.santenkarate.com).

### *Questions*

For more information, check the ISKA website by visiting [www.santenkarate.com](http://www.santenkarate.com)

or

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