



JKA NORTHWEST

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Greetings fellow karateka,

It is time to make your arrangements for the upcoming **2010 JKA Northwest Summer Camp**. We are pleased to invite you to attend this event featuring guest instructor, **ALBERT CHEAH**. This year's camp will be in **Ashland, Oregon** on **August 13 - 15**, on the campus of Southern Oregon University. We have a very strong camp program planned. Please join us for this excellent opportunity to improve your karate skills and socialize with friends from around the Region.

Mr. Cheah was a dedicated student of Nishiyama Sensei for many years and is a highly accomplished karateka and teacher. He has been chief instructor of the Orange County JKA since its founding in 1980, has achieved the rank of 5th Dan and is a 7 time U.S. National champion. He is now an international level competition judge and serves on the Executive Board of the American Amateur Karate Federation. We are very fortunate to be able to bring such an exceptionally qualified exponent of the Nishiyama karate tradition here for this in-depth training experience.

Part of the camp program will cover **Heian Godan** and **Kanku Dai** in detail, including applications. Please prepare your students with at least a basic knowledge of these katas. In addition, Cheah Sensei has worked over the years to develop his teaching methods for training women in karate. As part of the camp program, he will share some of his findings with us. Very exciting.

We are also pleased to announce that **Mr. Michael Friedl**, 6th dan and chief instructor at Aikido of Ashland will join us for the late morning class on Friday to share his instruction from an aikido perspective, focusing on some footwork movements, balance breaking and joint lock techniques. Mr. Friedl is an outstanding teacher who shares a great deal of energy with students in training, not to mention a great deal of experience. Visit aikidoofashland.net for more about Mr. Friedl.

Ashland is a very popular vacation destination with many family entertainment possibilities. Family members are welcome to stay in the dorms of course. If you wish to stay off campus we advise you to make arrangements very soon. Hotel space in Ashland fills up fast in the summer months.

Reservations for the AIR CONDITIONED dorm rooms must be completed by the August 6th deadline, so please do not delay in making your arrangements.

Training participants who PREPAY ALL THEIR FEES BY THE DEADLINE will receive a camp shirt FREE. Otherwise, shirts will be available for sale at the camp while supplies last for \$20. (Prepayment will save much time and effort at registration. Help us out if you can.)

Mark your calendars and send in your forms today. This is going to be great!

Best regards,

Debbie Gillaspie
2010 Camp Director

Gil Hartl
Planning Officer - JKA Northwest