

## *THE TRADITION CONTINUES*

### **WELCOME TO CAMP BUDOKAN 2019!**

Camp Budokan is one action packed week of judo and sports. Both residential and day camp programs are available to meet the needs of all judo players regardless of age or size. We are located in North Oshawa at Camp Samac (National Boy Scouts Camp of Canada).

CAMP BUDOKAN founded in 1965, was the first judo camp of it's kind and still thrives and expands because it delivers an unequalled training opportunity. We are proud of our ability to attract internationally respected coaches. Coaches who unselfishly pass on their extensive knowledge of judo to the athlete. The ever-increasing popularity of CAMP BUDOKAN is a testimony to the quality of instruction given.

Don't deny yourself, your child or student the experience of CAMP BUDOKAN. Register today, by mail, email or fax. Once the office receives the application and payment a letter of acceptance and medical information form will be sent to you to complete and send back.

We look forward to your presence and participation at camp this year.

Karl Doherty,

Camp Director



### **EARLY REGISTRATION**

Register now to April 30 for only \$575 Register after April 30<sup>th</sup> for the Regular Rate of \$675.

**Day Campers Welcome for the Rate of \$350**

- Drop off at 8am - Pick up at 5pm
- 3 meals, 2 Judo practices, swim
- Friday night skit night and sleep over
- Daily crafts and activities
- Fully supervised.

### **CAMP DATES: JULY 21<sup>ST</sup> TO JULY 27<sup>TH</sup>**

Registration includes accommodation, 3 super home cooked meals daily, plus a nightly snack.

- ◆Swimming pool ◆ Camp fires ◆Team sports
- ◆Judo games ◆Awards night
- ◆Sumo tournament ◆Video playback

### **TRAINING:**

#### **BEGINNER/INTERMEDIATE/ELITE**

Teaching you the latest International fighting strategies, techniques & training methods.

- ◆2 to 3 Judo training sessions per day
- ◆learn katas ◆endurance training
- ◆physical conditioning ◆ refereeing seminar

Daily activities consist of morning stretch and jog, morning judo session, afternoon judo session or team sport, swim, evening Randori session, nightly snack.

### **REFEREE AND KATA:**

Referee and kata clinics will be held daily for applicants interested in advancing to higher levels.

### **DAY CAMP !!!**

Campers arrive at 8:00am and depart at 6:30pm. Day camp includes, 3 meals and two judo practices and a sporting activity for \$299.

**CAMP T-SHIRTS AVAILABLE \$20.00**

**SWEAT SHIRTS \$50.00**

**T-Shirt: S M L XL (adult sizes only)**

**Sweat Shirt: S M L XL**



**THE ULTIMATE JUDO EXPERIENCE**

### **Instructors**

**Camp Director:**

**Karl Doherty, 6<sup>th</sup> Dan.**

Judo Ontario Executive Committee member.  
President of Budokan Judo Club.

Member of Canada's National Team from 1978 to 1990.

**Co-Director & Founder of Camp Budokan:  
Bill Doherty, 8<sup>th</sup> Dan.**

Past president of Judo Ontario.

Provincial Grading Chairman.

Past member of Judo Canada Executive and High Performance Committees.

**Kevin Doherty, 7<sup>th</sup> Dan.**

1981 World Bronze medallist.

Head Coach of Ajax Budokan Judo Club.

1984 and 1988 Olympian.

Judo Canada Vice President

**Other instructors will include:**

**Derek Langlois, 3<sup>rd</sup> Dan**

**Daniel Reis, 3<sup>rd</sup> Dan**

**Mark Welsh, 3<sup>rd</sup> Dan**

**Carlene Young, 3<sup>rd</sup> Dan**

**[www.ajaxbudokan.com](http://www.ajaxbudokan.com)**